

# 3 Meals a Day

Recipe  
Review

(SECOND EDITION)

By  
Jessie  
Read



HOME ECONOMIST OF  
**THE EVENING TELEGRAM**

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## Foreword

A foreword is such a hard thing to write. One can say so little when she wants to say so much. Anyway, this is the second edition of "Three Meals a Day Recipe Review", with more—many more—new recipes for you.

Since it is a review of recipes given in The Evening Telegram, it does not mean it is a complete recipe book, but with your previous edition and ones to follow — it will eventually make a complete recipe set.

You will note there are certain advertisers through the book who have helped make this book possible to you at its low price. Will you remember them when you are shopping—all products advertised are ones I can sincerely commend.


Someone said "the way to a man's heart is through his stomach." This, no doubt, makes a cook book full of recipes for happiness. May I then wish you much happiness through "Three Meals a Day."

Sincerely,

*Jessie M. Read.*

# The Woman's Page

## *in The Evening Telegram*

A decorative element consisting of five vertical lines of varying heights, positioned to the left of the first two paragraphs of text.

There isn't a problem that confronts the housewife in the routine of her daily duties or her social activities that cannot be answered through the WOMAN'S DEPARTMENT of the Telegram.

Just as Jessie Read offers helpful suggestions each day in her cooking column, Emily Post will keep you in touch with social customs, Lois Leeds will assist you with beauty problems and of course there is the ever popular Dorothy Dix whose daily column is read by millions of women.

The Woman's Department of the Telegram is yours! Use it. The ladies in this department are anxious to help you with any of your problems.

## THE EVENING TELEGRAM

*"Toronto's Most Interesting Newspaper"*



# Appetizers      Cocktails

## Hors d'oeuvres

### Stuffed Celery

12 small pieces of celery.  
 ½ cup cream cheese.  
 1 teaspoon onion juice.  
 Paprika.  
 Salt.

Blend seasoning into cheese, fill stalks and sprinkle with paprika.

#### Variations:

(1) Use Roquefort cream cheese spread.

(2) Combine ¼ cup lobster paste or minced lobster with an equal amount of soft butter.

(3) ½ cup white cream cheese combined with 1 tablespoon anchovy paste.

### Sardine and Tomato on Toast

Spread slices of bread with butter. Trim off crusts. Arrange with slices of peeled tomatoes, cut into fingers and place one sardine on each finger. Sprinkle with grated cheese. Put on a buttered baking sheet near the bottom of a hot oven 425 degrees F. so the bottom of bread will brown. Serve hot.

### Celery Stuffed With Sardines

Remove sardines from tin. Drain. Remove tails and mash, mixing in lemon juice and white pepper. Stuff this mixture into cleaned celery stalks. Serve well chilled.

### Toasted Sardine Stuffed Prunes

Remove sardines from can and drain. Trim off tails and mash well. Add 2 tablespoons of any desired relish. Pack this mixture into about 12 large stoned prunes. Roll prunes in a strip of bacon and broil until bacon is crisp.

### Pineapple Mint Cocktail

2 cups diced fresh pineapple.  
 1 cup diced grapefruit sections.  
 1 small bottle mint cherries (green).  
 Juice from the cherries.  
 1½ tablespoons fruit sugar.

Combine all ingredients, having the cherries cut in halves. Now chill very thoroughly and serve in sherbet glasses.

### Rainbow Cocktail

2 cups watermelon balls or cubes.  
 1 cup canteloupe balls or cubes.  
 1 cup honeydew melon balls or cubes.  
 ¼ teaspoon salt.  
 2 tablespoons sugar.  
 Juice from 2 limes.

Combine ingredients. Chill well and serve piled in a sherbert glass garnished with mint leaves or small nasturtium leaves.

### Grapefruit and Orange Cocktail

3 grapefruit.  
 ¾ cup orange juice.  
 ⅛ teaspoon mint flavoring.  
 2 tablespoons fruit sugar.  
 Mint leaves.

Prepare grapefruit by cutting into sections. Place in a bowl with other ingredients except mint leaves. Cover and chill until ready to use. Arrange in sherbet glasses and garnish with a mint leaf.

### Sardine Savouries

1 tin sardines.  
 ½ cup white cream cheese.  
 1½ teaspoons horseradish.  
 Bread strips.

Drain sardines. Combine horseradish and cheese. Spread this mixture on strips of buttered bread and place a sardine on top of each strip. Garnish with paprika and parsley.

### Combination Cocktail

1 cup pineapple cubes.  
 1 cup whole strawberries.  
 1 cup grapefruit sections.  
 2 tablespoons fruit sugar (if desired).  
 1 tablespoon lemon juice.

Combine all ingredients and chill well before serving. Serves 5 to 6.

### Maraschino Pineapple Cup

2½ cups fresh pineapple cubes.  
 ¼ cup halved maraschino cherries.  
 2 tablespoons maraschino syrup.  
 1 tablespoon liquid honey.

Combine all ingredients and place in refrigerator to chill. Serves 4.

### To Prepare Bread for Canapes

Cut slightly stale bread into quarter-inch slices. Cut the bread into fancy shapes using fancy cutters. Do not have them too large. Toast the bread on one side only, quickly.

The fancy shapes are also quite delicious fried in deep fat and drained on brown paper. Have the fat quite hot at 390 degrees F.

To make canapes for passing with cocktails of any kind—here are a few flavored butters that are interesting to spread on the small rounds of bread. These can be topped with:

- (1) A slice of hard cooked egg, then an olive half.
- (2) A circle of sliced olives.
- (3) A sardine or a cucumber.
- (4) Shrimp or caviar.

### Flavored Butters

- (1)  $\frac{1}{2}$  cup soft butter.  
 $\frac{1}{2}$  cup minced parsley or watercress.  
1 tablespoon lemon juice.  
2 teaspoons onion juice.

Use with fish.

- (2)  $\frac{1}{2}$  cup softened butter.  
1 cup chili sauce or chutney relish.
- Use with cucumber, tomato or egg.

### Sardine Canape

Cut bread in rectangles and toast. Sprinkle sardines with lemon juice. Roll in thin strips of bacon. Place sardines in shallow pan with the bacon ends underneath. Cook at 425 degrees F. until bacon is crisp (about 10 minutes). Arrange on toast strips and garnish with parsley.

### Caviar Canapes

For these it is best to use the tiny flaky cases called caviar cups or biscuits. Reheat these in the oven until crisp. Sprinkle the caviar with lemon or onion juice and pile into the cases. Top with a bit of lemon rind or pimiento.

### Shrimp and Cucumber Canapes

Place a slice of salted cucumber on a round prepared shape. Top with a shrimp and a sprig of parsley.

### Sardine and Egg Canapes

Mash sardines to a paste. Add lemon juice, salt and pepper to taste. Take hard-cooked egg and chop the white finely, also take the yolk and press through a sieve. Spread prepared shape with sardine paste. Divide the shape in half with a narrow strip of pimiento. Sprinkle one half with egg yolk and the other half with egg white.

*Note*—Pate de fois gras or devilled ham may be substituted for the sardines.

### Cheese and Tomato Canapes

Place small slices of tomato on round of bread. Sprinkle with salt. Top with mould of cheese forced through fancy tube. Garnish with parsley.

### Cheese and Olive Canapes

Cover prepared rounds of bread with a soft cheese spread. Outline the edge with thinly sliced olives.

### Christmas Juice Cocktail

- 1 cup tomato juice.
- 2 cups pineapple juice.

Combine these two juices. Add a pinch or so of salt—according to amount already in the tomato juice. Chill well and serve with assorted hors d'oeuvres. Serves 6. This can be passed in the living room.

### Fruit Cocktail in Red Apple Cups

(For 6)

- 6 bright red apples.
- 1 cup grapefruit sections.
- $\frac{1}{2}$  cup diced apple.
- 1 can diced fruit cocktail.

Scoop out the inside of the apples after thoroughly washing and polishing them. Rub the inside of the apples with sliced lemon. Combine the other ingredients and chill well. Pile this mixture into the apples, topping with cherries you will find in the canned cocktail.

### Broiled Grapefruit

Choose large, juicy grapefruit. Cut in half and loosen sections in regular way, cutting the pith out of the centre. Just before using, sprinkle 2 teaspoons brown sugar over each half and place under a hot broiler for about five minutes. Serve hot.

# Soups

## Onion Soup, Italian Style

- 1½ cups sliced onions.
- ¼ cup butter.
- 3 cups soup stock.
- ¼ cup grated Parmesan cheese.
- 4 slices French stick bread.
- Salt and pepper to season.

Slice onion very thinly. Place in covered saucepan and cook over slow heat until tender, but not brown (about 10 minutes). Add the soup stock and simmer for 20 minutes. Sprinkle the bread (or use crisp soda biscuits) with cheese and toast in hot oven. Turn hot soup into deep bowls, place toasted bread, cheese side up, on soup. Serves 4-6. Pass additional cheese.

## Cream of Potato Soup

- 4 tablespoons butter.
- 2 tablespoons flour.
- 1 teaspoon salt.
- ⅛ teaspoon pepper.
- 1½ teaspoons grated onion.
- ¼ teaspoon paprika.
- 1½ teaspoons Worcester sauce.
- 4 cups milk.
- 1½ cups cooked potatoes (either riced or pressed through a coarse sieve).
- 1 teaspoon chopped parsley.

Melt butter and stir in the flour and seasonings. Add the milk, stir and cook until it comes to the boil. Add the potatoes and parsley and reheat for 5 minutes. Stir well so it does not burn. Serve hot in warm soup dishes and sprinkle with paprika for garnish.

## Mexican Corn Chowder

- 6 slices bacon, chopped.
- 2 cups (1 can) golden bantam corn.
- ½ cup chopped onion.
- ½ cup chopped green pepper.
- 1 cup small potato cubes.
- ½ teaspoon salt.
- ⅛ teaspoon pepper.
- 1 teaspoon Worcester sauce.
- 1 teaspoon sugar.
- 1 cup thick tomatoes.
- 1 cup canned consommé.
- 1½ cups rich milk or cream.
- 2 tablespoons flour.
- 2 tablespoons butter.

Cook bacon for about 2 minutes. Add onion and green pepper and cook 2 minutes. Add corn and potatoes along with the seasonings, tomatoes and stock. Cook for 30 minutes, covered. Blend the milk and flour. Add to the hot mixture, bring to boil, and cook for 5 minutes. Add butter and serve hot with crackers.

## Philadelphia Pepper Pot

- ¼ cup diced onion.
- ¼ cup diced celery.
- ¼ cup diced green pepper.
- 3 tablespoons butter.
- 4 cups white meat stock.
- ½ lb. diced honeycomb tripe (optional).
- 1½ cups diced potato.
- ¼ teaspoon pepper corns, rolled to a powder.
- 2 teaspoons salt.

Cook onion, celery and green pepper in butter slowly for 15 minutes. Add flour and stir until well blended. Add stock and remaining ingredients. Cover and cook slowly for 1 hour. Just before serving add:

- 1 cup rich milk.
- 1 tablespoon butter.

Serve very hot.

## Scotch Hotch Potch

- 1 cup dried green peas.
- ½ cup small dried baby lima beans.
- 1 lb. round steak or lean stewing beef.
- 3 pints cold water.
- 2 cups canned tomatoes.
- ½ cup pearl barley.
- ¼ cup diced onion.
- ¼ cup diced celery.
- ½ teaspoon celery seed.
- 3 cups white turnip diced.
- 2 teaspoons salt.
- ¼ teaspoon pepper.

Soak peas and beans over night. Drain. Cut meat into cubes and combine with other ingredients in covered kettle. Cover and bring to boil. Simmer 2½ hours. Skim off any excess fat. Serve hot garnished with parsley. Serves 6.

## Corn and Mushroom Chowder

- 2 slices bacon, chopped.
- 2 tablespoons diced onion (more if desired).
- 2 tablespoons flour.
- 2 cups diced cooked potatoes.
- 1 cup canned corn.
- 1 can mushroom soup.
- 1½ cups boiling water.
- 3 cups milk.
- 2½ teaspoons salt.
- ¼ teaspoon paprika.

Sauté the onion and bacon together, but do not brown. Blend in the flour. Add the remaining ingredients. Heat to boiling. Cook for 2 or 3 minutes. Serve very hot with crackers, pilot biscuits, or dry toast. Sprinkle with chopped parsley. Serves 6.



## Cream of Tomato Soup

- 3 tablespoons butter.
- 3 tablespoons flour.
- $\frac{1}{2}$  teaspoon sugar.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{8}$  teaspoon pepper.
- $1\frac{1}{2}$  cups cold milk.
- $1\frac{1}{2}$  cups cold tomatoes  
(juice or unstrained).

Melt butter, add flour and seasonings. Cook for 1 minute. Now add both at once the cold tomato juice and cold milk. Bring to boil, stirring constantly. Serve hot, topped with a spoonful of whipped cream. Serves 6.

## Clam Chowder

- $\frac{1}{4}$  cup fat salt pork, diced.
- 1 medium onion, diced.
- $\frac{1}{4}$  cup diced celery.
- 1 cup diced potatoes.
- $2\frac{1}{2}$  cups boiling water.
- Salt and pepper.
- $1\frac{1}{2}$  cups tomato juice.
- 1 No. 1 can minced clams or 1 pint  
fresh clams, chopped.
- $\frac{1}{4}$  teaspoon thyme.

Render out the pork in saucepan. Remove bits from pan. Add onion and celery and cook until onion is yellow. Add the potatoes, boiling water and salt. Cook until the potatoes are tender. Add the tomato juice, clams, thyme and seasonings. Reheat and cook for 3 minutes. Season to taste. Pour chowder over crisp crackers. This may be diluted with milk as desired. Will serve 4 large servings.

## Jellied Tomato Consommé

- 1 can consommé.
- 1 small can tomato juice.
- $\frac{1}{2}$  cup water.
- 1 teaspoon condiment sauce.
- 1 teaspoon lemon juice.
- $\frac{1}{4}$  teaspoon salt.
- 2 teaspoons gelatine.
- 2 tablespoons cold water.

Combine consommé, tomato juice and water. Bring to the boil, add seasonings, and pour over the gelatine which has been soaked in cold water. Chill until set. Serve in cold bouillon cups garnished with parsley. Serves 6.

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## Duchess Soup

- 2 tablespoons minute tapioca.
- 2 teaspoons salt.
- $\frac{1}{8}$  teaspoon pepper.
- 1 tablespoon onion, minced.
- 4 cups milk, scalded.
- 2 tablespoons butter.
- $\frac{1}{3}$  cup grated cheese.
- 2 tablespoons chopped parsley.
- $\frac{1}{2}$  teaspoon Worcester sauce.

Combine tapioca, salt, pepper, onion and milk. Cook in double boiler for 15 minutes or until tapioca is clear, stirring frequently. Add butter, cheese, parsley and sauce. Cook until cheese is melted. Serves 6.

## Crabmeat Chowder

- 1 cup canned crabmeat (1 can).
- 3 tablespoons butter.
- 2 tablespoons diced onion.
- 3 tablespoons flour.
- 1 cup diced potato.
- 2 cups white meat stock.
- $\frac{1}{2}$  cup tomato juice.
- 1 teaspoon salt.
- 1 teaspoon Worcester sauce.
- $\frac{1}{8}$  teaspoon cayenne pepper.
- 1 cup rich milk.
- 1 tablespoon finely-chopped parsley.

Prepare crabmeat, separating into shreds and removing muscle. Melt butter, add onion and cook for 5 minutes. Add flour and when blended stir in stock and tomato juice. Add potatoes and cook covered for  $\frac{1}{2}$  hour. Just before serving add the crabmeat, scalded milk and parsley. Serve very hot.

## Italian Vegetable Soup

- 4 cups brown stock.
- 2 cups tomato juice.
- $\frac{1}{4}$  cup rice.
- 1 cup canned lima beans.
- $\frac{1}{4}$  cup shredded cooked cabbage.
- $\frac{3}{4}$  cup diced cooked carrot.
- 2 tablespoons minced onion.
- 1 teaspoon salt.
- $\frac{1}{4}$  teaspoon pepper.
- Grated Parmesan cheese.

Combine the stock, tomato juice and the rice and cook until tender (add hot water to make up for evaporation), and remaining ingredients except cheese, bring to a boil and boil 2 minutes. Serve in hot soup dishes and sprinkle with cheese.



# Meats



## Curried Lamb With Rice

- 2 lb. lean lamb.
- 1 quart boiling water.
- 1 teaspoon salt.
- 2 tablespoons butter.
- 1 onion, sliced.
- 2 tablespoons flour.
- 1 teaspoon curry powder.
- 1½ teaspoons Worcester sauce.
- ¼ teaspoon salt.
- ⅛ teaspoon cayenne pepper.

Cut lamb into inch pieces. Cover with boiling water and simmer gently for 1 hour. Add the salt when half done. Remove lamb and simmer stock, uncovered, until it is reduced to 1½ cups. Meanwhile, melt butter and add onion and allow to simmer gently until onions are yellow. Blend in the flour, curry powder, salt and cayenne. Add meat stock and Worcester sauce. Cook until thick. Add meat and serve hot over boiled rice.

## Lamb Cutlets With Potato

- 2 cups minced cooked lamb.
- 1 tablespoon chopped pickle.
- 1 cup thick cream sauce.
- Salt and pepper.
- Egg, beaten.
- Fine bread crumbs.

Combine the lamb, pickle and cream sauce, add salt and pepper to taste. Chill, spread out on a plate. Form into shapes resembling lamb chops. Beat egg well, add 1 tablespoon water. Dip cutlets into crumbs then into egg, then into crumbs. Fry in deep fat at 390 degrees F. until brown. To serve—Pile hot mashed potatoes in centre of platter. Sprinkle with paprika. Arrange cutlets around potato, alternating with sliced tomatoes and parsley—and who would know it was left-over lamb?

*Note*—A piece of macaroni can be inserted into the chop to represent the bone.

## Ham and Veal Loaf

- 1 lb. raw smoked ham, minced.
- 1 lb. raw veal, minced.
- 1½ teaspoons salt.
- 2 tablespoons chopped green pepper.
- 2 eggs, slightly beaten.
- 1 cup milk.
- 2 cups fine dry bread crumbs OR cornflake crumbs.

Combine all ingredients thoroughly together in a bowl. Pack into a buttered loaf-pan and bake for 1 hour at 350 degrees F. Will serve 8 substantial servings.

## Baked Stuffed Lamb Chops

- 6 thick lamb chops (ask your butcher to cut them for stuffing).
- 1 cup soft bread crumbs.
- 2 tablespoons diced celery.
- 1 teaspoon diced onion.
- 2 tablespoons soft butter.
- ¼ teaspoon poultry seasoning.
- ¼ teaspoon salt.
- ⅛ teaspoon pepper.

Wipe off chops with damp cloth. Combine all ingredients for dressing and pack into the cavities of the lamb chops, fastening the edges together with toothpicks. Place chops in shallow pan, top each chop with about 1/3 teaspoon butter and sprinkle with paprika and salt. Bake at 400 degrees F for 50 minutes, basting frequently with fat in pan. Serves 6.

## Spanish Lamb Chops

- 6 shoulder lamb chops.
- 4 tablespoons catsup.
- 2 tablespoons Worcester sauce.
- 2 teaspoons lemon juice.

Arrange chops in shallow baking dish. Combine the other 3 ingredients and spread over chops. Bake at 375 degrees F. for 25 minutes. Serves 6. Serve hot, garnished with parsley.

### Veal and Mushroom Loaf

- 1 lb. minced raw veal.
- ¼ lb. minced raw ham.
- 1 teaspoon salt.
- ¼ teaspoon pepper.
- 2 tablespoons catsup.
- 2 tablespoons horseradish (optional).
- ½ cup bread crumbs.
- 2 tablespoons chopped green pepper.
- ¼ cup chopped onion.
- 1 egg.
- ½ lb. chopped cooked mushrooms.
- 1 tablespoon butter.
- 4 slices bacon.

Combine all ingredients and turn into loaf pan lined with bacon strips. Pack mixture well into pan. Bake at 400 degrees F. for 1¼ hours. Serves 6-8. Serve with tomato sauce.

### Creole Tenderloin Tips

- ½ cup diced onion.
- 2 tablespoons fat.
- 1½ lb. pork tenderloin.
- 3 tablespoons flour.
- Paprika.
- ⅓ cup diced green pepper.
- ⅓ cup diced celery.
- 2 cups tomato juice.
- ½ teaspoon salt.
- ⅛ teaspoon curry powder.

Dice onions and add to the fat. Sauté until onion is browned. Cut tenderloins into 1-inch cubes and roll in flour. Sprinkle well with paprika, add to other ingredients in frying pan. Sauté for 7 to 10 minutes. Add remaining ingredients. Cover and simmer for 35 minutes. Uncover for the last 10 minutes. Serve in a ring of boiled rice. Will serve 6 people—maybe—it's so good.

### Braised Breast of Veal

- 3½ lb. breast of veal rolled.
- 2 tablespoons flour.
- ½ teaspoon pepper.
- 1 teaspoon salt.
- ¼ teaspoon pepper.
- 2 tablespoons bacon fat.
- 2 onions, sliced.
- 3 carrots, diced.
- 1 cup butter beans, diced.

Wipe off meat. Combine flour, salt, pepper and paprika. Roll meat in this fixture, pounding it in well with edge of a saucer. Have fat very hot in roaster. Place veal in pan and sear well on all sides until nicely browned. Now place vegetables all around the veal. Add enough hot liquid to about cover the vegetables. Bake at 300 deg. F. for 2 hours, or longer, according to thickness of piece.

### Veal en Casserole

- 2 lb. shoulder of veal.
- ¼ cup flour.
- 2 tablespoons bacon fat.
- 1 teaspoon salt.
- ¼ teaspoon pepper.
- 6 small onions.
- 6 small carrots.
- ¾ cup diced celery.
- 1 cup tomato juice.
- 1½ cups boiling water.

Wipe the meat, trim from the bones and cut into pieces. Mix with the flour and turn into a stew pan containing the hot bacon fat. Brown the meat well, add the vegetables then the boiling water, tomato juice and seasonings. Cover and bring to boil, then reduce heat, and cook for 1 hour slowly. Turn into casserole. Cover with small tea biscuits made from prepared biscuit flour. Reheat in oven at 450 degrees until biscuits are baked and thoroughly heated about 20 to 25 minutes.

### Savoury Veal Chops

- 6 veal chops, 1 inch thick.
- 2 tablespoons lemon juice.
- ½ teaspoon salt.
- ¼ teaspoon paprika.
- 2 tablespoons soft butter.
- ½ teaspoon poultry seasoning.

Wipe off meat. Combine the remaining ingredients and spread on the chops. Leave to stand 30 minutes. Sprinkle lightly with flour and place in hot greased frying pan. Brown on both sides. Cover and cook over low heat for 20 minutes longer. Remove chops to platter. Add ½ tablespoon cornstarch to fat in pan. Blend in well and stir in ¾ cup tomato juice. Cook until clear and slightly thick. Serve around chops. Garnish with lemon and parsley.

### Breaded Veal Cutlets

- 1½ lb. veal cutlets.
- 1 egg.
- 1 tablespoon water.
- ½ teaspoon salt.
- ½ teaspoon Worcester sauce.
- 1 cup dry bread crumbs.

Cut veal into pieces for serving. Beat egg slightly and add water and seasonings. Dip veal into egg mixture, then into crumbs. Place in well-greased pan. Dot lightly with butter. Bake at 400 degrees F. uncovered for 10 minutes. Add ¼ cup hot water at the side of the pan. Cover and bake 35 minutes longer or until tender. Serve garnished with sliced tomatoes and watercress. Will serve 6.



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R-309

Jessie Read  
suggests

## OVEN DINNER

275°F.

3 hours

Vegetable Soup  
Veal and Mushroom Loaf  
Lima Beans in Tomato  
Buttered Carrots  
Baked Potato  
Chocolate Bread Pudding  
Rolls                      Butter  
Coffee

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## ELECTRIC RANGES



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### Swiss Steak

- 1½ lb. round steak.
- 1½ tablespoons flour.
- ½ teaspoon salt.
- ⅛ teaspoon pepper.
- 1 cup hot water.

Sprinkle half the flour over one side of the steak. Take a saucer and with the edge, pound in the flour. Do likewise with the other side. Have frying pan ready with 1½ tablespoons hot fat. Add meat and brown well on one side. Brown other side. Add seasoning and water. Bring to boil and cover closely. Reduce heat so that it simmers very slowly. This is very essential. Simmer for 1½ hours over very low heat. Add more water if necessary. Be sure always to have moisture. Do not let it dry out. You may use tomato juice instead of water if you wish.

### Flank Steak en Casserole

- 1 flank steak (1½ to 2 lb.).
- 4 tablespoons vinegar.
- 2 tablespoons water.
- 1½ teaspoons salt.
- ¼ teaspoon pepper.
- 2 tablespoons flour.
- 2 tablespoons fat.
- ½ cup chopped onion.
- ¼ cup chopped green pepper.
- 1 can tomato soup.
- ½ cup water.

Have steak scored by butcher. Cut into pieces. Combine vinegar, first amount of water, salt and pepper. Pour over the steak and allow to stand 2 hours or more. Dip steak in flour and brown in hot fat. Arrange the steak alternately in a casserole with the onion, green pepper and tomato soup. Cover and bake at 325 degrees F. for 2 hours. Serves 6.

### Beef Kidney Stew

- 2 beef kidneys.
- 2 tablespoons fat.
- ½ teaspoon paprika.
- 2 cups hot water.
- ½ cup sliced onion.
- 2 cups diced carrot.
- 1 cup stewed tomatoes.
- 1 teaspoon salt.
- 1 teaspoon Worcester sauce.

Soak kidneys in cold water for 1 hour. Drain and scald with boiling water. Using scissors, cut away the tubes and membrane. Sprinkle well with ½ teaspoon salt and 2 tablespoons flour. Add to hot fat in pan, add the paprika and sauté until brown. Add water, onion and carrots, cover and cook slowly for 30 minutes. Now, add tomatoes, rest of the salt and Worcester sauce. Cook another 10 minutes. Thicken with flour and water paste. Serve surrounded with hot green peas and garnished with strips of pimiento. Serves 6.

### Savory Baked Steak

- 2 lb. round steak.
- ½ teaspoon salt.
- ⅛ teaspoon pepper.
- 2 tablespoons flour.
- 1 large onion, sliced.
- 1 cup tomato catsup.
- ½ cup hot water.
- 2 whole cloves.

Combine salt, pepper and flour and pound with the edge of a saucer into both sides of the steak. Sear in hot fat until quite brown. Lay sliced onions on steak, combine catsup and water and pour over the steak. Add cloves. Cover and bake at 300 degrees F. for 1½ hours or longer until tender.

### Swedish Meat Balls

- 1 lb. round steak, finely ground.
- 2 tablespoons finely chopped onion.
- 1 teaspoon salt.
- 1 teaspoon Worcester sauce.
- ¾ cup milk.
- 2 eggs, slightly beaten.
- 1½ cups cornflake crumbs.
- 1 cup tomato juice.

Put meat in bowl and add onion, salt, Worcester sauce, milk and eggs. Add crumbs to meat mixture. Mix well and form into balls. Sauté in butter until brown and done through. Place meat balls on hot platter. Add tomato juice to fat in pan. Bring to boil for 2 minutes. Season and pour over meat.



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# Roasting Meats

There have been many queries on this new method of roasting meats by what has come to be known as the "cold oven method." It is so entirely contrary to our regular meat cookery rules that it requires a little explanation. This may best be done by quoting Inez Wilson, Director of Home Economics, National Live Stock and Meat Board:

"A constant high temperature in roasting cuts down the number of servings materially. In a test made by a university home economics department, two ribs or beef, a right and a left from the same carcass, and each weighing exactly 14 pounds, were roasted, one in a hot oven at 500 degrees Fahrenheit and the other in a slow oven at 230 degrees Fahrenheit. The ribs roasted at 500° F. lost 5 pounds, 12 ounces while the roast cooked at the low temperature lost one pound, 14 ounces, almost 4 pounds sacrificed to a hot oven.

The test also showed that not only is there a substantial saving in food but there is also a considerable fuel saving when roasting is done at a lower temperature. The only increase was time in the oven."

Now, personally, I like to sear at 500° F. for 20-30 minutes (so the "someones" who like the outside cuts may have them), then reduce to the temperatures recommended below and for the time recommended.

By the way, meat cooked by this method gives a much nicer cold meat than any other I've ever tasted.

TIME-TABLE FOR ROASTING

Kind of Roast:	Oven Temperature	Approx. Minutes per Pound
Beef Ribs (Standing) .....	300° F.	
Rare .....		18-20
Medium .....		22-25
Well-done .....		27-30
Beef Ribs (Rolled) .....	300° F.	‡
Pork (Fresh) .....	350° F.	
Loins, 3-4 pounds .....		35
Shoulder .....		30-35
Ham .....		30-35
Butt .....		50-55
Pork (Cured) .....	300° F.	
Ham, 10-12 pounds .....		25
Half ham .....		30
Large ham .....		20
Lamb .....	300° F.	30-35
Veal .....	300° F.	25-30

‡Add 10 min. per pound to above.

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THERMOMETER**

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**Taylor**  
**INSTRUMENTS**

## Steak Patties With Tomato Sauce

- 1 lb. round steak, minced.
- 1 egg, well beaten.
- 1 cup soft bread crumbs.
- 2 tablespoons chopped onion.
- 1 teaspoon salt.
- $\frac{1}{8}$  teaspoon pepper.
- $\frac{1}{4}$  teaspoon poultry seasoning.
- $\frac{1}{3}$  cup milk.
- 2 tablespoons butter.
- $1\frac{1}{2}$  tablespoons flour.
- $1\frac{1}{4}$  cups tomato juice.

Mix meat, egg, crumbs, onion, seasonings and milk. Form into small round cakes, then flatten. Sauté the meat patties until brown. Remove to hot platter. Stir the flour into the fat in pan. Add the tomato juice. Season to taste and bring to boil, mixing well. Pour around the meat balls and garnish with parsley.

## Lamb Shortcake

- 2 cups diced cold lamb.
- $\frac{1}{4}$  cup diced pimienta.
- $\frac{1}{4}$  cup chopped sweet pickles.
- 2 cups seasoned cream sauce.
- $\frac{1}{4}$  teaspoon curry powder.
- 6 hot tea biscuits.

Combine lamb, pimienta and pickles in the cream sauce; add curry powder, split biscuits and butter well. Place on serving plate and cover with hot cream mixture. Serves 6.

## Boiled Beef

- 4 lb. rolled brisket.
- 2 teaspoons salt.
- 2 whole cloves.
- 1 bay leaf.
- 1 onion, sliced.
- 1 carrot, sliced.
- Boiling water.

Add salt, cloves, bay leaf, onion and carrot to the brisket. Cover with boiling water. Cover—bring to the boil. Reduce heat so as to allow water to simmer only. Cook for 2 hours gently. Place on shallow pan and brown quickly in hot oven. Serve with horseradish sauce.

## Pork Chops, Azores

- 6 pork chops.
- $\frac{1}{2}$  cup water.
- $\frac{1}{2}$  cup vinegar.
- 2 bay leaves.
- $\frac{1}{4}$  teaspoon ground cloves.
- $\frac{1}{4}$  teaspoon ground nutmeg.
- 1 onion, sliced.
- $\frac{1}{8}$  teaspoon pepper.
- $\frac{1}{2}$  teaspoon salt.

Place pork chops in shallow dish. Combine other ingredients and pour over the pork chops. Leave to stand over night. Drain. Bake at 400 degrees F. for 35 minutes, approximately. The thickness of the chop governs the length of time.

# Moulded Meats

## Pressed Veal

- 4 lb. veal shank.
- 1 lb. pork hock.
- 2 quarts water.
- 2 teaspoons salt.
- $\frac{1}{4}$  teaspoon pepper.
- 1 bay leaf.
- 2 cloves.
- 2 allspice berries.
- 1 small onion.
- 1 teaspoon lemon juice.

Wipe off meat. Cover with water and add seasonings. Bring to boil and boil for 5 minutes. Reduce heat and allow to simmer for  $1\frac{1}{2}$  hours or until meat falls away from the bone. Now, pick off meat and put through the mincer. Place slices of hard-cooked egg in mould and then put in minced meat. Cook stock down slightly, add lemon juice. Pour on to the meat until it feels very moist and soft. Chill until set and slice when cold. Serve with salad garnished with watercress. Will serve 8 to 10.

## Jellied Chicken for 50

- 15 lb. chicken.
- Water to cover.
- 1 small onion.
- 1 stalk celery.
- 12 peppercorns.
- 4 quarts stock.
- $\frac{1}{2}$  cup gelatine.
- 1 cup water.
- Salt and pepper to season.
- $\frac{1}{4}$  cup lemon juice.
- 3 cups diced celery.
- Green peas (if desired).

Cook chicken in water to cover, with the onion, celery and peppercorns. Chill chicken and dice into neat little cubes. Pour stock through wet cheesecloth. Measure and bring to the boil. Add gelatine soaked in cold water. Add lemon juice. Allow to partially set. Add chicken and celery. Rinse out moulds in cold water. Arrange a few green peas in each mould. Place in jelly mixture. Chill well. Will yield 45-50 moulds according to size.

**"JUNKET" MIX for Ice Cream—Makes the Most Delicious Cold Dessert of All.**

# Poultry and Game

## Broiled Chicken

Allow  $\frac{1}{2}$  chicken per person. Order broilers to be cleaned and split in half. Wipe off meat. Preheat broiling oven. Lay chickens on rack of broiler, skin side up. Melt some butter in saucepan and add a bit of grated onion. (For 2 whole chickens allow 2 tablespoons butter and 1 teaspoon onion.) Brush this mixture over meat and sprinkle with paprika. Run broiler under heat and allow to cook until browned. Turn chicken over, brush again with fat and broil until brown. Turn again, sprinkle with salt and pepper. Reduce heat about half and continue to cook for 25 minutes, brushing chicken frequently with melted fat. Serve on hot platter garnished with honeyed carrots and water cress.

## Roast Duck

Have butcher draw the bird. Scrub the bird well inside and out with a slightly soapy water. Now rinse thoroughly. Prepare apple stuffing and pack into bird which has been dried out well. Sew down the incision. There is no trussing necessary with duck since the legs are very short and the wings are usually cut off at the joint. Sear at 450 degrees F. for 25 minutes or until brown and reduce heat to 325 degrees F., allowing 25 minutes for each lb. Pour off excess fat as it forms and add hot water to baste the duck. This prevents the duck from being "greasy."

*Note* — Sometimes ducks are cooked without stuffing. Quarters of apples, or an onion, or stalks of celery are cooked in the cavity instead to add flavor.

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THE EVENING TELEGRAM

## Chicken Pot Pie

Clean a 3- to 4-lb. boiling fowl. Cut in half if too big for your kettle. Cover with boiling water. Add:

- 1 small onion.
- 1 stalk celery.
- 1 bay leaf.
- 1 clove.
- 1 allspice berry.

Cook until meat is tender, keeping the water at a simmer and allowing about 30 minutes to each lb. of chicken. When chicken is half cooked add:

- 2 teaspoons salt.
- $\frac{1}{8}$  teaspoon pepper.

When cooked, remove chicken from pot. Skim off as much fat as possible from the strained stock. Cook stock down to 3 cups.

Melt 2 tablespoons butter and blend in 4 tablespoons flour. Add chicken stock and cook until thick. Season to taste.

Meanwhile, remove chicken from bones and place in baking dish which has an inverted egg cup in the centre. Pour over the gravy and cool.

Prepare a rich flaky pie crust. Roll this out to desired shape. Make incisions in paste and place on top of chicken filling. Wet edges of crust so it will adhere to rim of dish. Bake at 400 degrees F. in oven until crust is nicely browned. Serve hot with peas and carrots.

## Roast Venison

Wipe off the roast. Make about 4 slashes in the top of the roast and into each of these slashes press a slice of twisted breakfast bacon. Now make a thick paste of flour and water and mask this all around the roast. Place in oven at 375 degrees F. and allow 30 minutes for each pound. Half an hour before time is up, chip off the paste. Sprinkle with salt, pepper and paprika. Increase heat to 450 degrees F. to brown the roast. Serve with spiced grapes or grape jelly.



For crisp, crusty croquettes, deep fry in

**MAZOLA**  
The SALAD AND COOKING OIL



# The Christmas Turkey



Last year on Christmas Day I cooked a turkey of 15 pounds. I cooked it with loving, tender care, because I did so much want it to be nice. It had to be—my reputation was at stake! Moreover, I was doing a little bit of experimenting and the results of that I am passing on to you for your Christmas turkey. Since I am passing them on to you—you may be certain the results were good—so good that every one remarked that it was both the best looking and best tasting bird they had ever had.

But let's take the procedure for the turkey in order. It has to be bought first before being cooked.

## Marketing for the Turkey

Choose a turkey with unbroken skin. The flesh should be firm and the breast well filled out. Tweak the end of the breast bone to be sure it is flexible—like the tip of your own nose. Do not pay top price for a bird covered with pin feathers and do not let the butcher charge you two or three cents more a pound for a tom turkey—the difference in a tom turkey and hen turkey is not worth it. Allow about one lb. of turkey for each person and that will give a little extra for cold turkey sandwiches.

## Preparing the Turkey

Have the butcher draw the turkey, cut off the head and feet and deliver it to you on the day before Christmas. When you receive it, wash out the inside well, being sure to remove the "lights" and blood clots along the backbone. Rinse out with salt and water. Dry and cover with wax paper and store in a cool place. Prepare the dressing and leave in a covered bowl until Christmas morning. Before you stuff it, however, make sure the oil sack on the tail of the turkey is removed. The turkey should, of course, be singed. Do this by holding the bird over a flame or open heat, turning it from side to side so that the tiny hairs are all singed off. Rub the inside of the turkey with cut lemon before packing in the stuffing. Be sure to put some in at the neck as well as the body to give the bird a plump appearance. By the way, if someone in the house does not like onion, you can

leave it out of theirs by putting their stuffing without onion in the neck.

## To Truss the Bird

Draw the neck skin back under the bird. Insert a long skewer under the wings, insert another under the legs. Now, take a long piece of string and lay the middle of it across the top of the fowl and wind it around ends of the skewer. Cross the strings and bring them down under the other skewer, wind around the skewer and bring them up across the lower part of the legs. Tie the two ends tightly together. This holds the turkey well in position without making the string awkward to remove after the turkey is cooked.

## Roasting the Turkey

This method is quite contrary to the methods I have given you before but it produced the finest looking and the moistest turkey I have ever either tasted or served.

Make a paste of  $\frac{1}{2}$  cup butter and 3 tablespoons flour. Spread this all over the turkey and place the turkey on skewers criss-crossed in an open pan. Put the pan into a cold oven, turn on the heat and bring the oven temperature up to 325 degrees F. Melt 1 tablespoon butter in 1 cup hot water and pour this over the turkey. Baste the turkey constantly (every 20 to 30 minutes) with the liquid in pan. Allow 30 minutes per pound for the turkey from the time you put it in the oven. That means a long cooking, I know, but after all, you are home and it only takes a minute for the basting. This method gives the turkey a beautiful brownness. Do try it. For those of you having noon dinner it will mean starting the turkey when the kiddies get you out of bed in the "wee sma' hours." Do not season the turkey until it is half done.

## To Serve the Turkey

Place it on a large platter and garnish with parsley and a cranberry chain. Do not put anything else on the platter as the carver needs plenty of platter room. Do have the knife sharpened and a pair of scissors or regular fowl shears handy. Place the platter on the table with the legs to the left of the carver.



# Fish



Kind of Fish	Preparation at Market	Method of Cooking	Sauce or Garnish
Bass, Black	Split	Broil or sauté	Maitre d'hote sauce
Bass, Sea	Split	Broil or sauté	Lemon
Cod, small	Whole	Stuff and bake	Tomato sauce
large	Steaks	Broil or bake	Egg sauce
Flounder	Fillets	Broil or bake	Maitre d'hote sauce
Haddock—			
Small	Whole	Stuff and bake	Mock Hollandaise
Large	Fillets	Bake	Tartare sauce
Mackerel	Steaks	Bake or broil	Sliced cucumbers
Salmon	Split	Broil, bake	Sliced cucumbers
	Steaks	Broil	Egg sauce
Halibut	Thick Slice	Steam	Cucumber sauce
	Steaks	Broil or sauté	Hollandaise sauce
	Thick Slice	Steam	Tartare sauce
Smelts	Whole	Broil or sauté	Bacon, lemon
Shad Roe		Parboil, then bake	Maitre d'hote sauce
Trout, lake and sea	Split	Broil or bake	Maitre d'hote sauce
Tuna, fresh	Steak	Bake or broil	Maitre d'hote sauce
Whitefish	Split	Broil or bake	Parsley sauce
	Whole	Stuff and bake	

## Baked Fish

Clean about a 4-pound fish. Sprinkle lightly with salt, inside and out. Stuff and sew up. (For dry fish such as haddock and cod, make a few gashes and insert narrow strips of fat, salt pork.) Now, using a long skewer, shape the fish into the shape of a letter "S." Place in a greased baking pan. Brush over with melted fat or oil. Bake at 425 degrees F. for 1 hour, basting about every 10 minutes with fat in pan.

## Baked Fillets of Fish, Spencer Method

- 1½ lb. fish fillets.
- ¾ cup evaporated milk.
- 2 teaspoons salt.
- 1 cup fine dry bread crumbs.
- 2 tablespoons melted butter.
- Paprika.

Cut fish into pieces for serving.

Combine milk and salt in a shallow pan. Place dry bread crumbs in another shallow pan. Dip fillets in milk, then into crumbs. Arrange in greased pan, sprinkle with salad oil, then with paprika. Cook in very hot oven 500 degrees F. for 6-10 minutes.

## Curried Shrimp

- 1 cup thinly sliced onion.
- 3 tablespoons butter.
- 2 tablespoons flour.
- 1 cup milk.
- 1 teaspoon curry powder.
- 1 tablespoon Worcestershire sauce.
- 1 teaspoon salt.
- ¼ teaspoon cayenne pepper.
- ⅓ cup shredded coconut.
- 2 cups cleaned shrimps.

Cook sliced onions in the butter and when yellow add the flour and blend until smooth. Add the milk, cook until thick, adding the seasonings. Add the coconut and shrimp. Cover, not too closely, and simmer gently to blend flavors, for about 10 minutes. Serve on buttered rice or on hot buttered rice krispies. These last are quite delicious and unusual. Serves 6.



For golden-brown crust, fry fish in



"JUNKET" Rennet Tablets—add dissolved tablet to lukewarm milk.

### A Salmon Dish from Finland

- 5 medium-sized potatoes.
- 1 large can (2 cups) salmon.
- 1 teaspoon chopped onion.
- 4 slices bacon, chopped.
- 1 teaspoon salt.
- ½ teaspoon pepper.
- 1 egg.
- ¾ cup milk.
- ½ cup cornflake or bread crumbs.

Peel and slice potatoes. Arrange a layer of potatoes in greased pan, then a layer of salmon, onion, bacon and seasonings. Continue in layers until dish is full. Combine beaten egg and milk and pour over the mixture. Sprinkle with crumbs and more chopped bacon (about 2 slices). Bake in oven at 375 degrees F. until potatoes are done. Serve hot.

### Macaroni and Shrimp Casserole

- 2 cups cooked macaroni.
- 1 cup canned or fresh-cooked green beans.
- ½ cup diced celery.
- 1 cup shrimps.
- 1½ cups tomato sauce.
- ½ cup grated cheese.
- ½ cup fine bread crumbs.

Arrange a layer of macaroni in a buttered casserole, then the beans, celery and shrimp in layers. Cover with the remaining macaroni. Pour on the hot tomato sauce, and allow to run down through the ingredients. Cover with the bread crumbs and cheese mixed together. Brown top in hot oven, 425 degrees F. Serves 4-6.

### Creamed Codfish in Potato Ring

- ½ lb. salt codfish.
- Cold water.
- 3 tablespoons butter.
- 3 tablespoons flour.
- ⅛ teaspoon paprika.
- ⅛ teaspoon pepper.
- 2 cups milk.
- 3 hard-cooked eggs, chopped.
- 2 tablespoons chopped pimiento.
- 4 cups creamy mashed potatoes.

Cover codfish with cold water and leave to stand for several hours to freshen the fish. Drain; cover with cold water and bring to the boil. Boil 2 minutes. Drain and flake. Melt the butter, blend in flour and milk and cook until thick, stirring constantly. Add the flaked fish, eggs, and pimiento. Reheat. Add salt, if necessary (remember the codfish is salty). Arrange hot mashed potatoes around edge of hot serving platter. Pour creamed fish mixture into centre. Garnish with parsley. Serves 6.

### Tuna Fish à la King

- 3 tablespoons butter.
- 3 tablespoons flour.
- ½ teaspoon salt.
- ¼ teaspoon pepper.
- ¼ teaspoon Worcester sauce.
- 1½ cups milk.
- 1 cup fresh mushrooms, sliced.
- 1 cup tuna fish, flaked.
- ¼ cup diced pimiento.

Melt butter, blend in flour and seasoning. Cook for 1 minute. Add milk. Cook, stirring constantly until thick. Add mushrooms, sautéed in butter first, also add tuna fish and pimiento. Reheat and serve hot on toast, croustades or patty shells. Garnish with parsley and potato chips.

### Rice and Mackerel Casserole

- 2½ cups cooked rice.
- 3 tablespoons butter.
- ¼ teaspoon paprika.
- ¼ teaspoon curry powder.
- 1 can mackerel fillets.
- 1½ cups cream sauce.
- 1 cup sautéed mushrooms.
- ¼ cup chopped stuffed olives.

Combine hot boiled salted rice with butter, paprika and curry powder. Line a buttered casserole with this mixture. Combine the remaining ingredients, leaving the mackerel in fairly large pieces. Place in casserole. Cover with buttered crumbs. Bake at 425 degrees F. until crumbs are browned. Serves 4-6.

### Stuffed Fish Fillets

Purchase haddock or flounder fillets. Sprinkle with salt, pepper and lemon juice. Place fillets in bottom of well-greased shallow baking pan and place a mound of dressing on each fillet. Bake in hot oven 400 degrees F. for 30-40 minutes, according to thickness.

### Fried White Fish

Bone fish and cut into fillets of desired size. Mix equal parts of flour and cornmeal and dip the fish into this. Sprinkle with salt and pepper. Have a pan sizzling hot with about 1/16 inch of fat in it (bacon fat and butter together are good). Cook fish until brown on one side, then turn quickly and brown on the other side, reduce heat and allow to cook until tender, from 8 to 10 minutes, according to thickness.

**Lobster à la Shelburne**

- 3 tablespoons butter.
- 1 tablespoon chopped chives or finely chopped onion.
- 2 tablespoons dry bread crumbs.
- $\frac{1}{4}$  teaspoon mustard.
- 1 cup red chutney sauce.
- 1 large can lobster.

Melt butter, add chives or onion and simmer slowly for about 3 minutes. Add crumbs and mustard. Now add chutney. Bring to the boil. Add lobster broken up and tissues removed. Serve in hot patty shell. Garnish with parsley. Serves 4-6.

**Lobster Mexicane**

- 3 cups canned tomatoes.
- 1 teaspoon salt.
- $\frac{1}{2}$  tablespoon sugar.
- 4 whole cloves.
- 1 bay leaf.
- 3 tablespoons butter.
- 2 tablespoons chopped onion.
- $\frac{1}{4}$  cup chopped green pepper.
- 1 cup chopped mushrooms.
- 3 tablespoons flour.
- 2 teaspoons Worcester sauce.
- 1 large can lobster.

Simmer tomatoes with salt, sugar, cloves and bay leaf for 15 minutes. Strain.

Melt butter, add onion, green pepper and mushrooms. Sauté for 5 minutes. Blend in the flour. Add tomato juice and Worcester sauce. Cook until thick and smooth. Add the lobster, in large pieces. Serve hot on toast, croustades or patty shells. Serves 6.

**Baked Fish, Lobster Sauce**

- $1\frac{1}{2}$  lb. haddock fillets.
- 1 tablespoon lemon juice.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{8}$  teaspoon pepper.
- 1 recipe of lobster sauce.
- $\frac{1}{2}$  cup grated cheese.

Place fillets in shallow baking casserole. Sprinkle with lemon juice, salt and pepper. Cover with the lobster sauce and sprinkle with the grated cheese. Bake 30 minutes in a moderate oven, 350 degrees F., covered. Uncover and brown for the last 10 minutes. Serve garnished with parsley.

**Fillets of Sole With Oysters**

- 1 lb. fillets of sole.
- 1 dozen oysters.
- Lemon juice.

Place 1 or 2 oysters on each fillet. Sprinkle with lemon juice. Wrap fillets around oysters and secure with toothpicks. Dip into evaporated milk then into fine dry bread crumbs (or cornflake crumbs). Place in greased pan. Sprinkle with paprika and melted fat. Bake at 400 degrees F. for 10 minutes or until nicely browned.

**Spiced Fillets of Fish, Soubise**

- 6 fillets of fish.
- 2 tablespoons salad oil.
- 1 tablespoon vinegar.
- $1\frac{1}{2}$  teaspoon mixed whole spices.
- Flour.
- Salt and pepper.
- 1 egg.
- 1 tablespoon milk.
- Fine dry bread crumbs.

Arrange fish in shallow pie plate. Combine oil, spices and vinegar. Pour this over the salmon. Cover and leave to stand 1 hour. Now, shake off the spices and dip each fillet in flour to which salt and pepper have been added. Now dip into the beaten egg and milk, then into the dry crumbs. Fry in hot fat until tender, turning frequently about 10 minutes. If deep fat is used, fry at 360 degrees F. or hot enough to brown bread in 60 seconds. Serve with Hollandaise sauce. Garnish with sliced tomatoes.

**Cooking for Two**

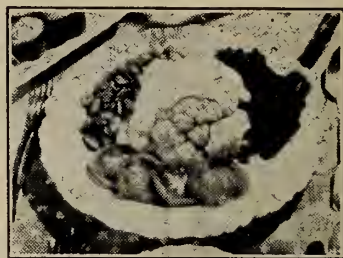
by JESSIE READ

*Another Exclusive  
Friday Feature*

**The Evening Telegram**



# Vegetables



## Tomatoes With Stuffing

- 6 medium size tomatoes.
- 1½ cups bread crumbs.
- 2 tablespoons chopped onion.
- 2 tablespoons chopped celery.
- 2 tablespoons chopped green pepper.
- 2 tablespoons butter.
- ¾ teaspoon salt.
- ⅛ teaspoon pepper.

Wipe off tomatoes. Cut out centre and sprinkle lightly with salt. Leave to stand 10 minutes. Turn out excess moisture. Combine other ingredients and pack into cavities in tomatoes. Bake at 400 degrees F. in a greased casserole for 15 minutes. Serve hot.

## Creamed Celery and Turnip

- 3 cups diced turnip.
- 1 cup diced celery.
- 1½ cups cream sauce.
- Buttered crumbs.

Cook turnips in boiling salted water for 20 minutes. Add 1 teaspoon sugar to the turnip as well. Arrange in casserole alternately with the celery. Pour on the cream sauce and cover with buttered crumbs. Bake at 400 degrees F. until crumbs are browned.

## Tomatoes With Green Onions

- 4 bunches small green onions.
- 1 can choice quality tomatoes.
- 1 teaspoon sugar.
- ¾ teaspoon salt.
- ⅛ teaspoon pepper.
- 1 cup well-buttered crumbs.

Place a layer of tomatoes, then a layer of the little green onions. Sprinkle with seasoning. Sprinkle with buttered crumbs. Bake at 400 degrees F. for 30 minutes.

## Creamed Cauliflower

(1) Reheat flowerlets in cream sauce. Use 2 cups medium cream for 1 large cauliflower.

(2) Place whole cooked cauliflower in serving dish. Cover with cream sauce and sprinkle with paprika or grated yellow cheese.

## Cauliflower Duchesse

- 1 medium-sized cauliflower.
- 3 tablespoons butter.
- 1 teaspoon flour.
- 2 tablespoons water.
- 3 tablespoons vinegar.
- ¼ teaspoon salt.
- 2 tablespoons chopped green pepper.
- 2 tablespoons chopped pimiento.

Cook cauliflower. Melt butter, add flour, salt, water and vinegar. Heat to boiling. Add pepper and pimiento. Pour over cauliflower. Serves 6.

## Cauliflower Hollandaise

Place cooked flowerlets or whole cooked cauliflower in a serving dish. Pour Hollandaise sauce or mock Hollandaise over the head.

## Unusual Cabbage

- 5 tablespoons butter.
- 6 cups finely-shredded cabbage.
- ⅓ cup rich milk.
- 1 tablespoon sugar.
- ¼ teaspoon mustard.
- 1 teaspoon salt.

Melt butter, add cabbage, and cook together slowly for 10 to 15 minutes. Combine milk and remaining ingredients. Add to cabbage. Reheat and cook 2 minutes. Serve hot at once.

## Glazed Pepper Squash

Wipe off squash. Do not cut. Place required number (½ to each person) in oven to bake at 400 degrees F. Bake for ½ hour and remove from oven. Cut in half and scrape out the seeds. In each cavity place:

- 1 teaspoon butter.
- 1 tablespoon corn syrup.

Pierce each half with fork so juice can run into pulp and sprinkle with salt. Continue to bake for ½ hour longer or until tender. Serve in the shells.



### Browned Potato Fold

- 6 potatoes.
- 1 onion.
- 3 tablespoons butter or bacon fat.
- $\frac{3}{4}$  teaspoon salt.
- $\frac{1}{8}$  teaspoon pepper.

Pare and grate the potatoes on a medium grater or shredder, prepare onion in similar fashion, place fat in pan, add potatoes and mix well together, sprinkling on the salt and pepper, pack well into pan, place over medium heat, covered. Cook covered for 10 minutes, remove cover, increase heat slightly to brown on the bottom. When done, fold over as an omelet and serve, garnished with parsley.

### Potato Custard

- 2 cups cooked mashed potatoes.
- 2 eggs, well beaten.
- 1 teaspoon salt.
- $\frac{1}{4}$  teaspoon pepper.
- 1 tablespoon chopped parsley.
- 1 cup warm milk.
- 2 tablespoons melted butter.

Prepare potatoes, add the remaining ingredients to beaten egg, combine with potatoes, turn into buttered casserole and oven-poach at 375 degrees F. for 45 minutes. Serves 6.

### French Baked Potatoes

- 6 potatoes.
- 2 tablespoons melted bacon fat.
- 2 teaspoons lemon juice.
- $\frac{1}{2}$  teaspoon prepared mustard.
- $\frac{3}{4}$  teaspoon salt.
- $\frac{1}{8}$  teaspoon pepper.
- Chopped parsley.

Pare potatoes, cut in fingers lengthwise, soak in cold water for an hour at least. Turn into casserole, add fat, mustard, lemon juice, pepper and salt, mix all well together and bake at 400 degrees F., stirring frequently until tender, about 35 minutes. Sprinkle with paprika if they are slow in browning and serve sprinkled with parsley.

### Sautéed Beets or Carrots

- 6 large carrots or beets.
- $\frac{1}{4}$  cup butter.
- 2 tablespoons water.
- 1 teaspoon salt.

Wash vegetables, do not peel, but scrub well. Grate on medium grater. Place butter in frying pan, add grated vegetables, salt and water. Cover closely. Place over medium heat and cook for 20 minutes, stirring occasionally.

### O'Brien Potatoes

- 5 cups cubed potatoes (raw).
- $\frac{1}{3}$  cup butter.
- Salt, pepper, paprika.
- 1 medium onion, diced.
- $\frac{1}{4}$  cup chopped pimiento.

Place potatoes in pan with butter. Sprinkle well with salt, pepper and paprika. Cover and allow to simmer slowly, stirring occasionally. When almost cooked add the finely chopped onion and cook 5 minutes longer. Uncover, add the pimiento and increase heat so ingredients will all brown. Serve hot. These potatoes are delicious with steaks.

### Potato Cheese Balls

- 2 cups mashed potatoes.
- $\frac{1}{2}$  cup grated cheese.
- 1 egg.
- Cornflake crumbs.

Combine hot potatoes and cheese. Mix well and form into round balls. Roll balls in beaten egg then into cornflake crumbs. Brown on greased cookie sheet in a hot oven 400 degrees F.

### Oven-Fried Potatoes

Peel desired number of potatoes. Cut into thin strips. Soak in cold water 1 hour. Drain well and dry. Place in baking pan and sprinkle with salt, pepper and paprika. Dot with butter and bacon fat combined, allowing 1 tablespoon fat for each cup of potatoes. Place in cold oven and bring up to temperature of 400 deg. F. Cook until brown and crisp, turning frequently with a spatula. Will take about  $\frac{1}{2}$  hour.

### Whole Browned Potatoes

Parboil desired number of washed potatoes in boiling salted water for 20 minutes. Drain and remove skins. Place  $\frac{1}{2}$  tablespoon of fat for each potato in shallow pan (use an old cake pan, if you have one). Add potatoes and sprinkle with salt, pepper and paprika. Place in oven and keep turning these in the fat in the pan. Bake at 400 deg. F. for  $\frac{1}{2}$  hour.



For crisp French-fried potatoes, use



"JUNKET" Rennet Powder helps Children Enjoy their Milk.

### Baked Asparagus With Cheese

Drain a can of asparagus tips and arrange on a shallow dish. Sprinkle with salt and pepper, dot with butter and cover completely with grated Canadian cheese. Place in oven at 400 degrees F. and bake until cheese is melted and slightly browned. Serve hot.

### Escalloped Onions in Tomato

- 6 large onions, sliced.
- 3 tablespoons butter.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{8}$  teaspoon pepper.
- 2 tablespoons butter.
- $1\frac{1}{2}$  cups tomato juice.

Arrange half of onions in casserole, sprinkle with half of the flour, the salt and pepper. Dot with butter. Finish all ingredients in a second layer. Pour on the tomato juice. Bake at 400 degrees F. for 35-40 minutes.

### Glazed Parsnips

- 3 medium-sized parsnips.
- 2 tablespoons butter.
- 6 tablespoons brown sugar.
- 2 teaspoons water.

Cut pared parsnips into lengths or slices. Cook until almost done. Drain. Heat the other 3 ingredients in frying pan over low heat and add parsnips. Turn and stir until parsnips are cooked and slightly browned and glazed.

### French Fried Parsnips

Peel parsnips and cut in  $1\frac{1}{2}$ -inch fingers. Parboil in boiling salted water for 10 minutes. Drain. Dip each piece in flour, then in beaten egg, then into dry bread crumbs. Fry in deep fat at 370 degrees F., until brown. Serve hot at once.

### Curried Rice

- 1 cup rice.
- 2 tablespoons butter.
- $1\frac{1}{2}$  teaspoons minced onion.
- 1 tablespoon curry powder.
- $1\frac{1}{2}$  teaspoons salt.
- $\frac{1}{4}$  teaspoon pepper.
- 3 cups boiling water.

Pick over rice. Combine the onion, curry powder and fat in pan over low heat and cook until onion is yellow. Add rice and stir until rice is coated with the mixture. Add the water, salt and pepper. Boil rapidly for 5 minutes. Reduce heat and cook slowly until rice is tender and liquid is all absorbed—about 45 minutes. Serve hot. Serves 6.

### String Beans, My Own Style

- 1 No. 2 can green string beans.
- 2 tablespoons butter.
- 1 tablespoon lemon juice.
- 1 teaspoon sugar.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{8}$  teaspoon white pepper.

Drain beans and rinse off with warm water. Add the other ingredients and simmer for about 10 minutes over low heat. Serves 4-6.

### Green Beans au Gratin

- 1 lb. green beans.
- 2 tablespoons butter.
- $1\frac{1}{2}$  tablespoons flour.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{4}$  teaspoon pepper.
- 1 cup milk.
- $\frac{3}{4}$  cup grated cheese.

Cook beans whole in boiling salted water for 20 minutes. Drain and arrange in casserole. Cover with cream sauce made from butter, flour, seasonings and milk. Sprinkle on grated cheese. Sprinkle with paprika and brown under broiler. Serves 4-6.

### Lima Beans and Vegetable Casserole

- 1 can baby lima beans (2 cups).
- 1 cup whole kernel corn.
- $\frac{1}{2}$  cup diced celery.
- 2 tablespoons chopped pimiento.
- 1 can asparagus soup.

Arrange all ingredients alternately in a buttered casserole, having the soup on top. Cover with buttered crumbs. Brown in hot oven at 425 degrees F. until brown. Serves 4-6. Crisp broiled bacon is delicious served with this.

### Parsleyed Carrots

Dice cooked carrots. Reheat in melted butter, allowing tablespoon butter for each cup of carrots. Season with salt and pepper and add 1 teaspoon chopped parsley for each cup of carrot cubes.

### Curried Tomato Rice

- 3 cups cooked rice.
- 3 tablespoons butter.
- $\frac{1}{4}$  cup diced onion.
- 2 teaspoons curry powder.
- $\frac{1}{4}$  teaspoon salt.
- 2 tablespoons flour.
- $1\frac{1}{2}$  cups tomato juice.
- $\frac{1}{2}$  teaspoon Worcester sauce.

Prepare rice. Melt butter, add onion and sauté until brown. Add curry powder, salt and flour. Blend into a paste. Add tomato juice and sauce, cook until thick. Add the rice. Serve hot.

"JUNKET" Rennet Powder adds Digestibility, Flavor and Color to milk.

### Candied Sweet Potatoes With Pecans

- 4 large sweet potatoes.
- $\frac{1}{4}$  cup butter.
- $\frac{1}{2}$  cup brown sugar.
- $\frac{1}{4}$  cup hot water.
- 8 pecan halves.

Cut the cooked sweet potatoes in halves lengthwise and place cut side down in a greased shallow baking dish. Heat the butter, brown sugar and water to make a thin syrup. Pour over the potatoes. Place a half pecan on each potato or cover with chipped pecans as desired. Bake uncovered at 375 degrees F. for about 30 minutes or until syrup is nearly all absorbed. Baste the potatoes every 10 minutes with the syrup. These are delicious served with baked ham.

### Sweet Potato Puff

- 6 medium potatoes.
- 3 tablespoons butter.
- 1 egg, well beaten.
- $\frac{1}{2}$  cup milk (approximately).
- $\frac{1}{2}$  teaspoon baking powder.
- Salt and pepper.

Boil sweet potatoes. Mash and add butter. Add egg and beat in well. Add milk to make quite a soft mixture as it will stiffen during cooking. Now add baking powder, salt and pepper. Pile into buttered casserole. Sprinkle with brown sugar. Bake in hot oven for 15 minutes or until the potato peaks are delicately brown. Serves 6.

### Carrot and Apple Casserole

- 2 cups thinly-sliced carrots.
- 1 cup sliced raw apples.
- $\frac{1}{2}$  tablespoons brown sugar.
- 1 teaspoon salt.
- $\frac{1}{2}$  teaspoon grated lemon rind.
- 1 tablespoon lemon juice.
- 2 tablespoons butter.

Alternate layers of carrots and apples in casserole. Sprinkle each layer with salt and sugar, over the top put the lemon rind and juice and dot with butter. Bake covered in a moderate oven, 375 degrees F. until apples are tender. Serve to 6 people next time you have sausage or roast pork.

### Carrots in Orange Butter

- 4 cups cooked diced carrots.
- 2 tablespoons butter.
- 2 tablespoons orange juice.
- 1 tablespoon sugar.

Combine all ingredients and cook together for 5 to 10 minutes. Serve hot.

### Scallop of Sweet Potatoes, Apples and Bacon

- 1 cup sliced sour apples.
- $1\frac{1}{2}$  cups sliced boiled sweet potatoes.
- 6 strips side bacon chopped.
- $\frac{1}{4}$  cup brown sugar.
- $\frac{1}{2}$  teaspoon salt.

Arrange  $\frac{1}{2}$  of the potatoes in buttered casserole. Cover with  $\frac{1}{2}$  of the apples then  $\frac{1}{2}$  of the bacon. Sprinkle with  $\frac{1}{2}$  of the sugar. Repeat all ingredients until dish is full. Cover and bake in a moderate oven, 375 degrees F. for  $\frac{1}{2}$  hour. Uncover and bake until apples are soft and the top is browned. If the mixture appears dry—due to lack of juice in the apples—add  $\frac{1}{2}$  tablespoon water.

### Maple Sweet Potatoes

- 6 sweet potatoes.
- $\frac{1}{2}$  cup maple syrup.
- 2 tablespoons butter.

Parboil the potatoes. Peel. Cut in half lengthwise and place in a shallow pan. Pour on the maple syrup and dot with butter. Bake at 400 deg. F., basting constantly with the syrup for 20 minutes. Delicious served with baked ham.

### Carrots, Concordia

- 12 medium carrots.
- 2 tablespoons butter.
- 2 teaspoons chopped onion.
- 2 tablespoons flour.
- 1 teaspoon sugar.
- 2 teaspoons lemon juice.
- Salt and pepper.
- $\frac{1}{4}$  teaspoon mustard.
- 1 cup water from carrots.

Scrape carrots, cut into fingers and cook in boiling salted water for 20 minutes. Melt butter, add onion. Cook 2 minutes. Add, flour, sugar, lemon juice and pepper. Do not add salt until after carrot liquor has been added, then salt to taste. Pour over hot carrots and serve at once, sprinkled with chopped parsley.

### Honeyed Carrots

- 12 medium size whole carrots.
- 2 tablespoons butter.
- $\frac{1}{4}$  cup honey.
- 1 tablespoon lemon juice.

Parboil scraped carrots for 15 minutes or until almost tender. Beat together the butter, honey and lemon juice and pour over the carrots arranged in a baking pan. Place in oven at 350 degrees F. and baste frequently with the honey for 20 minutes. Serves 4-6.



# Supper Dishes



## Cheese Soufflé

- 3 tablespoons butter.
- 4 tablespoons flour.
- $\frac{1}{2}$  teaspoon salt.
- 1 cup milk.
- $\frac{3}{4}$  cup grated cheese.
- $\frac{1}{8}$  teaspoon mustard.
- Few grains cayenne.
- 3 egg yolks.
- 3 egg whites.

Make a regular cream sauce from the butter, flour, milk and seasonings. Add the cheese and stir until melted. Remove from heat; stir in unbeaten egg yolks. Fold in the stiffly beaten egg whites. Pour the mixture into a buttered baking dish. Bake in a moderate oven 350 degrees F. for 40 minutes or until the mixture does not adhere to the tip of a knife gently inserted in the centre. Serve at once.

Now, generally speaking, a mixture such as this is cooked by placing it in a pan of water but I have found that I get a drier, firmer soufflé by baking it at 350 degrees F. without the pan of water in the oven.

## Chicken and Shrimps in Cream

- 2 tablespoons butter.
- $\frac{1}{4}$  cup chopped green pepper.
- $\frac{1}{4}$  cup chopped pimiento.
- 6 large mushrooms sliced.
- 4 tablespoons butter.
- 4 tablespoons flour.
- $2\frac{1}{2}$  cups milk.
- $1\frac{1}{2}$  teaspoons salt.
- $\frac{1}{4}$  teaspoon pepper.
- $\frac{1}{4}$  teaspoon paprika.
- 2 cups chicken cubes.
- 1 cup diced, cleaned shrimps.

Combine first amount of butter with green pepper, pimiento and mushrooms. Sauté these until mushrooms are cooked—about 5 minutes. Add other butter, and blend in the flour and seasoning. Add milk. Stir and cook until thick. Now add chicken and shrimps. Reheat to boiling. Serve in hot patty shells, garnished with parsley. Serves 8.

## Chicken Soufflé

- 5 tablespoons minute tapioca.
- $\frac{1}{2}$  teaspoon salt.
- 1 cup milk, scalded.
- 1 cup hot chicken stock.
- $1\frac{1}{2}$  cups finely chopped chicken.
- $\frac{1}{8}$  teaspoon pepper.
- $1\frac{1}{2}$  teaspoons Worcester sauce.
- 3 egg yolks.
- 3 egg whites.

Add tapioca to milk with the salt. Cook in double boiler for 15 minutes or until the tapioca is clear, stirring constantly. Cool slightly, add chicken and egg yolks. Fold in the stiffly beaten egg whites. Turn into a greased baking dish. Bake at 350 degrees F. for 45 minutes or until the tip of a knife comes out clean when gently inserted into the centre.

## Tomato Cheese Soufflé

- 3 tablespoons butter.
- 4 tablespoons flour.
- $\frac{3}{4}$  teaspoon salt.
- $\frac{1}{4}$  teaspoon sugar.
- Few grains cayenne pepper.
- 1 cup tomato juice.
- $\frac{3}{4}$  cup grated cheese.
- 3 egg yolks.
- 3 egg whites.

Melt butter and blend in flour and seasonings. Add tomato juice and cook until thick. Add cheese and heat until melted. Add the slightly beaten egg yolks. Now fold in the stiffly beaten whites. Pour into a buttered baking dish. Bake in a moderate oven at 350 degrees F. for 40 to 45 minutes. Serve at once.

## Asparagus and Olives au Gratin

- 1 large can asparagus, drained.
- $\frac{1}{2}$  cup ripe olives, stoned and cut.
- $\frac{1}{2}$  cup grated cheese.
- 1 cup cream sauce.
- 1 cup buttered crumbs.

Arrange asparagus in a casserole. Sprinkle with the olives, then the grated cheese. Pour on the cream sauce and cover with the buttered crumbs. Put into hot oven at 400 degrees F. until crumbs are browned. Serves 4-6.

### Boston Baked Beans

- 1½ cups dried navy beans.
- 1 tablespoon salt.
- 3 tablespoons light molasses.
- 3 tablespoons sugar.
- ½ teaspoon mustard.
- 1½ cups tomato juice.
- 1 very small onion.
- ¼ lb. fat salt pork.

Soak beans overnight in water to which has been added ½ teaspoon soda. Change water and allow beans to simmer until the skins are about ready to burst. Do not boil rapidly. Drain, and put into casserole. Cut the pork into ½-inch slices. Bury this into the beans. Add tomatoes and other ingredients, sufficient to cover the beans. Place lid on casserole and bake at 300 degrees F. about 6 hours. Add more of the tomato mixture as needed. Remove cover during the last ½-hour, bringing the pork bits to the top to crisp.

### Sweetbreads and Almonds in Cheese Puffs

- 1 lb. sweetbreads.
- 4 tablespoons butter.
- 3 tablespoons flour.
- 2 cups milk.
- 1 can mushrooms, or 1 cup fresh cooked mushrooms.
- ½ cup almonds, blanched and browned.
- 2 egg yolks.
- Seasonings.

Cook sweetbreads in acidulated boiling water until tender. Remove membrane and separate into sections. Make cream sauce of butter, flour and milk; add seasonings; add beaten egg yolks and cook 2 minutes. Add sweetbreads, mushrooms and almonds. Serve hot in cheese puffs. Will serve 6.

### Creamed Dried Beef With Peas

- 1 can chipped or dried beef.
- 3 tablespoons butter.
- 1 tablespoon chopped onion.
- 3 tablespoons flour.
- ¼ teaspoon pepper.
- 1½ teaspoons Worcester sauce.
- 2 cups milk.
- 1 cup green peas.

Break up chipped beef slightly and place in pan with butter and onion. Allow to cook together for 2 or 3 minutes. Blend in flour, pepper and Worcester sauce. Add milk. Stir and cook until smooth. Add peas (and some pimiento if you have it). Serve on toast, soda biscuits, or a ring of hot mashed potatoes. Serves 4.

### Corn and Tomato on Toast

- 1 tablespoon chopped onion.
- 2 tablespoons chopped green pepper.
- 3 tablespoons chopped bacon.
- 1 tablespoon corn starch.
- 3 cups tomatoes.
- 2 cups Golden Bantam corn.
- 1 teaspoon salt.
- ¼ teaspoon pepper.
- ½ cup grated Cheddar cheese.

Cook onions, green pepper and bacon together until onion is slightly yellow but not brown. Add corn starch and blend until smooth. Add tomatoes, corn and seasonings. Cook until thick, stirring so mixture will not scorch. Add cheese. Serve on hot buttered toast. Garnish with parsley. Will serve 6.

### Sautéed Mushrooms on Toast

- 1 lb. mushrooms.
- ⅓ cup butter.
- 3 tablespoons flour.
- 1½ cups tomato juice.
- 1 teaspoon salt.
- ¼ teaspoon pepper.
- 6 slices buttered toast.

Wash and peel mushrooms. Cut in pieces. Melt butter in pan and sauté mushrooms for 3 minutes. Push mushrooms to one side of pan. Blend the flour and seasonings into the fat. Add the tomato juice. Stir all ingredients thoroughly together. Cook until thick. Serve hot on toast. Garnish with toast points and parsley. Milk may be substituted for tomato juice, if desired.

### Stuffed Eggs au Gratin

- 6 hard-cooked eggs.
- 2 tablespoons minced ham.
- 2 tablespoons chopped celery.
- Seasonings.
- Milk or mayonnaise.
- 3 tablespoons butter.
- 3 tablespoons flour.
- ½ teaspoon salt.
- ⅓ teaspoon pepper.
- 1½ cups mushrooms, chopped.
- ½ cup bread crumbs.
- ½ cup grated cheese.

Cut eggs in half lengthwise. Remove yolks and mash well. Combine well with minced ham, celery seasonings and milk or mayonnaise. Now pack this back into the eggs and place two halves together. Make a cream sauce of the butter, flour, milk and seasonings. Add the mushrooms sautéed in butter. Pour this over the eggs arranged in a casserole. Sprinkle with the combined crumbs and cheese. Brown in a hot oven at 450 degrees F. for 20 minutes or until brown on top.

### Sausage Spaghetti Casserole

- 1 lb. sausage, cut in pieces.
- 1 cup cooked spaghetti.
- 2 cups canned peas.
- 2 cups canned tomatoes.
- $\frac{1}{4}$  cup minced onion.
- 2 cups bread crumbs.
- $\frac{1}{2}$  cup grated cheese.
- Salt and pepper.

Cook the sausage for 5 minutes. Combine all ingredients in layers in casserole except the crumbs and cheese. Combine these last 2 and sprinkle over the top. Bake in oven 350 degrees F. for 25 minutes. Serves 4-6.

### Corned Beef Hash

- 2 tablespoons chopped onion.
- 2 tablespoons chopped green pepper.
- $1\frac{1}{2}$  cups chopped corn beef.
- 2 cups chopped cooked beef.
- 2 tablespoons milk.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{4}$  teaspoon pepper.

Combine all ingredients very thoroughly. Turn into a hot well-greased frying pan. Spread hash well over the pan. Cover and cook over very low heat without stirring until a crisp brown crust has been formed (about 40 minutes). Fold over as you would an omelet, then turn on to a hot platter. Garnish with parsley. Serve with catsup or chili sauce.

### Corned Beef Tomato Toast

- $3\frac{1}{2}$  tablespoons butter.
- 4 tablespoons flour.
- $1\frac{1}{2}$  cups tomato juice.
- $\frac{1}{8}$  teaspoon soda.
- $\frac{1}{2}$  cup milk.
- $\frac{1}{2}$  teaspoon salt.
- 1 teaspoon Worcester sauce.
- 1 cup chopped cooked corned beef.
- 2 tablespoons grated cheese.
- 8 slices dry toast.

Melt butter, add flour, and stir until well blended. Now add the tomato and soda. Bring to a boil, stirring constantly. Add milk and seasoning. Reheat to boiling. Add corned beef and pour on to the toast slices. Sprinkle with cheese and garnish with toast points and parsley.

**For Church and Club News  
Read The Evening Telegram**

### Royal Scallop

- $1\frac{1}{2}$  cups cream sauce.
- 3 hard-cooked eggs, sliced.
- $1\frac{3}{4}$  cups canned salmon, flaked.
- 1 cup green peas.

Prepare cream sauce, seasoning it very carefully. Hard cook the eggs, peel and cut into slices. Drain the salmon and flake into pieces with a fork. Arrange all the ingredients in alternate layers in a casserole until all are used, having cream sauce on top. Sprinkle well with bread crumbs mixed with melted butter. Brown in hot oven at 400 degrees F.

### Meat and Rice Mould

- 2 cups cooked rice.
- 2 cups minced cooked meat.
- $\frac{1}{3}$  cup minced onion.
- 2 tablespoons chopped green pepper.
- 2 tablespoons melted butter.
- $1\frac{1}{2}$  teaspoons salt.
- $\frac{1}{4}$  teaspoon pepper.
- 1 egg.
- 1 cup milk.

Combine rice and meat. Add onion and green pepper to the butter. Sauté for 2 or 3 minutes. Combine all ingredients, beating the egg slightly. Pack into a well-buttered mould and bake for 1 hour at 350 degrees F. Remove from mould. Serve garnished with vegetables and tomato sauce.

Note—Heat canned tomato soup for a quick sauce.

### Curried Vegetable Casserole

- 1 cup diced carrots, cooked.
- 1 cup diced string beans, cooked.
- 2 cups cauliflower flowerlets cooked.
- 1 cup cooked rice.
- 3 tablespoons butter.
- 1 small onion, diced.
- 1 to 2 teaspoons curry powder (as desired).
- $2\frac{1}{2}$  tablespoons flour.
- $\frac{1}{4}$  teaspoon salt.
- $1\frac{1}{2}$  cups tomato juice.
- 1 teaspoon Worcester sauce.
- 1 cup soft buttered crumbs.

Arrange all the vegetables and rice in layers in a casserole. Now melt the butter and cook the diced onion until golden brown. Blend in the curry powder, salt and the flour. Add tomato juice and Worcester sauce. Cook until thick and pour over the vegetables in the casserole. Cover with buttered crumbs and bake at 400 degrees F. until crumbs are browned. Serves 4 to 6.



**Macaroni, Cheese and Tomato**

- 1 cup raw macaroni.
- 3 tablespoons butter.
- 3 tablespoons flour.
- 1 teaspoon salt.
- $\frac{1}{8}$  teaspoon pepper.
- $\frac{1}{2}$  teaspoon sugar.
- 2 cups tomato juice.
- 1 teaspoon Worcester sauce.
- 1 cup grated cheese.
- 1 cup buttered crumbs.

Cook macaroni in large pot of boiling salted water. When tender drain in colander and rinse with cold water. Melt butter, blend in flour, add tomato juice, salt, pepper and Worcester sauce. Cook until thick. Add macaroni and grated cheese to sauce. Turn into casserole and cover with buttered crumbs. Bake at 400 degrees F. until crumbs are browned.

**Cheese and Bread Custard**

- 4 slices buttered bread.
- $\frac{1}{4}$  lb. cheese, grated.
- 3 eggs.
- 2 cups milk.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{8}$  teaspoon pepper.
- $\frac{1}{8}$  teaspoon mustard.
- 1 teaspoon chopped onion.

Grease a casserole. Cut the bread in cubes and arrange alternate layers of bread and cheese in the casserole, having the bread as top layer. Beat the eggs and add the milk and seasoning. Pour this over the bread and cheese. Set the casserole in a pan of water. Bake at 350 degrees F. for 45 minutes or until custard is set. Serve hot. Will serve 4 or 5 persons.

**Chipped Beef, Mushrooms and Spaghetti**

- 1 cup chipped beef.
- $\frac{1}{2}$  lb. mushrooms.
- 1 cup uncooked spaghetti.
- $\frac{1}{4}$  cup butter.
- 3 tablespoons flour.
- 2 cups milk.
- 1 teaspoon Worcester sauce.
- Salt to season.

Pour boiling water over chipped beef. Leave until cold. Wash and dice mushrooms. Boil spaghetti in boiling salted water until tender. Sauté the mushrooms in butter for 5 minutes. Blend in the flour, then the milk. Cook until thick. Add the drained chipped beef and spaghetti. Turn into buttered casserole. Cover with buttered crumbs and brown in 375 degrees F. oven for about 20 minutes. Serve hot.

**Spaghetti in Tomato Cheese Sauce**

- $1\frac{1}{2}$  cups spaghetti.
- 4 tablespoons butter.
- 4 tablespoons flour.
- 1 teaspoon salt.
- $\frac{1}{2}$  teaspoon sugar.
- $\frac{1}{8}$  teaspoon pepper.
- 2 teaspoons Worcester sauce.
- 2 cups tomato juice.
- 1 cup grated cheese.
- 1 cup buttered crumbs.

Cook spaghetti in boiling salted water for 10-15 minutes or until soft. Drain, rinse in cold water. Melt butter and blend in flour, add seasoning and tomato juice. Cook until thick. Add grated cheese. Arrange spaghetti and sauce in alternate layers in casserole. Cover with crumbs. Bake at 400 degrees F. until crumbs are browned. Serves 4-6.

**American Spaghetti**

- $1\frac{1}{2}$  lb. round steak.
- $\frac{1}{2}$  cup chopped onion.
- $\frac{1}{2}$  cup chopped green pepper.
- $\frac{1}{2}$  cup chopped mushrooms.
- $\frac{1}{2}$  cup green peas.
- 1 teaspoon Worcester sauce.
- 1 teaspoon salt.
- $\frac{1}{4}$  teaspoon pepper.
- $1\frac{1}{2}$  cups cooked spaghetti.
- 1 cup tomato juice.

Combine steak, onion, green pepper, mushrooms. Fry until browned. Blend in the seasonings and peas. Arrange meat mixture and spaghetti in alternate layers in casserole. Pour on tomato juice. Bake at 375 degrees F. for 30 minutes. Serves 6.

**Salmon and Potato Casserole**

- 1 tall can salmon.
- 4 medium potatoes, cooked.
- 4 large green onions.
- 1 cup canned green pea soup.
- $\frac{1}{2}$  cup milk.
- 1 egg or 2 egg yolks.
- 2 tablespoons butter.
- 1 cup bread crumbs.

Flake salmon, removing skin and bones. Slice cooked potatoes into buttered casserole in alternate layers with the flaked salmon and sliced onion. Dot each layer with bits of butter. Combine the egg, slightly beaten, with the soup and milk and pour over the contents in the casserole. Cover with buttered crumbs and bake at 375 degrees F. for 30 minutes. Garnish with parsley and serve hot. Makes 4 large servings. Served with a lettuce and tomato salad, this makes a mighty tasty supper.

# Sauces

## *for Meat, Fish and Vegetables*

### Medium Cream Sauce

2 tablespoons butter.  
2 tablespoons flour.  
 $\frac{1}{2}$  teaspoon salt.  
 $\frac{1}{8}$  teaspoon pepper.  
Dash of paprika.  
1 cup cold milk.

Melt butter and blend in flour and seasonings. Add cold milk all at once and stir the mixture over direct heat constantly until it comes to the boil and thickens. Makes 1 cup sauce.

### For Cheese Sauce:

Add:

$\frac{1}{2}$  to  $\frac{3}{4}$  cup grated cheese.  
 $\frac{1}{4}$  teaspoon mustard.  
 $\frac{1}{2}$  teaspoon Worcester sauce.

Serve with egg dishes or vegetable dishes.

### For Pimiento Sauce:

Add:

$\frac{1}{2}$  cup finely chopped pimiento.

### For Shrimp or Lobster Sauce:

Add:

1 slightly beaten egg yolk.  
 $\frac{1}{2}$  cup cooked cleaned shrimps or lobster.  
 $\frac{1}{2}$  teaspoon Worcester sauce.

Serve with omelet or boiled halibut, flounder or cod.

### Hollandaise Sauce

$\frac{1}{4}$  cup butter.  
2 egg yolks.  
 $\frac{1}{4}$  teaspoon salt.  
Few grains cayenne.  
 $\frac{1}{2}$  cup boiling water.  
1 tablespoon lemon juice.

Cream butter, add beaten egg yolks, then seasonings and water. Cook slowly over boiling water, stirring constantly until thick. Remove at once. Add lemon juice. Serve hot.

### Mock Hollandaise Sauce

1 cup medium white sauce.  
2 egg yolks.  
2 tablespoons butter.  
1 tablespoon lemon juice.

Make sauce. Beat egg yolks slightly and add some of hot sauce. Stir this back into the sauce. Add the butter and stir in the lemon juice. Stir for about 1 minute or so. Remove from the stove.

### Brown Sauce

3 tablespoons butter.  
2 tablespoons flour.  
2 tablespoons chopped onion.  
1 cup beef stock.  
Salt to taste.  
 $\frac{1}{4}$  teaspoon Worcester sauce.

Melt butter, add onion and brown well. Blend in the flour. Add cold stock and bring to the boil, stirring constantly until thick.

### For Brown Mushroom Sauce:

Add to Brown Sauce:

1 tablespoon butter (extra).  
1 cup fresh mushrooms, thinly sliced.

Sauté these in the butter with the onion; continue as in above method. Serve with omelet or croquettes.

### For Sauce Piquante:

Add to Brown Sauce:

1 tablespoon vinegar.  
1 tablespoon capers.  
1 tablespoon chopped pickle.  
Dash of cayenne.

Serve with veal, beef, fried fish or broiled fish.

### Steak Sauce (To Serve 8 People)

$\frac{1}{2}$  cup butter.  
2 tablespoons catsup.  
2 tablespoons Worcester sauce.  
1 teaspoon paprika.  
 $\frac{1}{2}$  teaspoon dry mustard.  
2 teaspoons malt vinegar.

In a saucepan melt the butter and add the catsup and Worcester sauce blended together. Now add the paprika and mustard, then the vinegar. Heat over low heat until blended. Serve over steak.

Note—This sauce deserves very special mention and recommendation.

### Mint Sauce

$\frac{1}{2}$  cup finely chopped mint leaves.  
 $\frac{1}{2}$  cup vinegar.  
3 tablespoons water.  
 $1\frac{1}{2}$  tablespoons sugar.  
 $\frac{1}{8}$  teaspoon salt.

Chop mint leaves finely. Combine sugar, water, vinegar and salt and bring to a boil. Pour over the mint leaves and set aside to cool. Green coloring may be added if desired. Use as needed, storing it in a sterilized jar in a cool place.

**Mint Butter**

- 1/3 cup butter.
- 1/4 teaspoon salt.
- 1/8 teaspoon paprika.
- 1 tablespoon chopped mint leaves.
- 1 1/2 teaspoons lemon juice.

Cream butter and other ingredients together. Spread on hot lamb chops.

**Cucumber Sauce**

- 1 small cucumber.
- 1/2 cup whipping cream.
- Few grains cayenne.
- 2 tablespoons vinegar.
- 1/4 teaspoon salt.

Peel and dice cucumber. Drain well. Add salt, cayenne and vinegar gradually to the whipped cream.

**Ten-Minute Cranberry Sauce**

(Stewed Cranberries)

- 1 pound or quart (4 cups) cranberries.
- 2 cups water.
- 1 1/2 to 2 cups sugar.

Boil sugar and water together 5 minutes; add cranberries and boil without stirring (5 minutes is usually sufficient) until all the skins pop open. Remove from the fire when the popping stops, and allow the sauce to remain in vessel undisturbed until cool.

**Tartare Sauce**

- 1 cup mayonnaise.
- 1 tablespoon minced pickle.
- 1 tablespoon minced onion.
- 1 tablespoon minced parsley.
- 1 tablespoon minced capers.

Combine ingredients. Chill. Serve.

**Cucumber Sauce**

- 3/4 cup grated cucumber.
- 1 tablespoon vinegar.
- 1/2 teaspoon salt.
- 1/8 teaspoon pepper.
- Few grains cayenne.
- 1/2 tablespoon grated onion.

Combine all ingredients.

**Currant Mint Sauce**

- 1 6-ounce jar red currant jelly.
- 1 tablespoon finely chopped mint.
- Grated rind of 1/2 orange.

Break up the jelly with a fork and sprinkle with mint leaves and orange rind. Mix lightly and turn into a glass serving dish.

**Stuffings****for Meat, Fish and Poultry****Potato Stuffing**

- 2 cups riced potatoes.
- 1/4 cup chopped onion.
- 2 tablespoons chopped bacon.
- 1/2 teaspoon poultry seasoning (I use sweet marjoram and sage).
- 1/2 teaspoon salt.
- 1 tablespoon chopped parsley.
- 1/8 teaspoon pepper.
- 1 tablespoon butter.

Prepare potatoes. Combine other ingredients and cook together for 5 minutes. Add to the potatoes and pack into fish.

**Dressing For Fish Fillets No. 1**

- 1 1/2 cups stale soft bread crumbs.
- 1/2 teaspoon salt.
- 1/4 teaspoon pepper.
- Few grains cayenne.
- 2 teaspoons chopped parsley.
- 2 teaspoons grated onion.
- 1 tablespoon chopped pickle.
- 1 teaspoon poultry seasoning.
- 3 tablespoons soft butter.

Mix together crumbs and seasonings and rub in the butter.

**Dressing For Fish Fillets No. 2**

- 3 medium-sized tomatoes.
- 1 small onion, diced.
- 1/2 cup soft bread crumbs.
- 2 tablespoons butter.
- Salt and pepper.

Peel tomatoes and slice over fillets. Combine the onion, crumbs, butter, salt and pepper. Sprinkle over top of tomatoes. Bake at 400 degrees F. for 30-40 minutes, according to thickness.

**Celery and Almond Stuffing**

(For a 10-lb. turkey)

- 8 cups soft bread crumbs.
- 1/2 cup soft butter.
- 1 1/2 cups diced celery.
- 1/2 cup chopped almonds.
- 1 teaspoon grated onion.
- 1 1/2 teaspoons salt.
- 1/4 teaspoon pepper.
- 1 1/2 teaspoons poultry seasoning.

Combine all ingredients, blending lightly together. Pile lightly into the turkey.



# Menu Planning

## Christmas Dinner Menu I

(For service with a maid)

Celery      Radishes      Olives      Pickles  
 Fruit Cocktail in Red Apple Cups  
     Roast Turkey  
     Celery and Almond Stuffing  
     Giblet Gravy  
 Duchess Potatoes      Sweet Potatoes  
     Christmas Macedoine  
     Harvard Beets  
     Pear and Watercress Salad  
     Plum Pudding  
 Brandy or Hard Sauce      Coffee  
     Nuts      Raisins      Candies

## Christmas Dinner Menu II

(For service without a maid)

Christmas Tomato Cocktail  
     with Hors d'Oeuvres  
 Celery      Radishes      Olives      Pickles  
     Roast Turkey  
     Celery and Almond Stuffing  
     Giblet Gravy  
 Mashed Potatoes      Sweet Potatoes  
     Buttered Green Beans (canned)  
     Harvard Beets  
     Bowl of Salad Greens  
     Plum Pudding  
 Brandy or Hard Sauce      Coffee  
     Nuts      Raisins      Candies

## Christmas Dinner Menu III

(For those on a close budget)

Tomato Juice Cocktail  
     with Toasted Cheese Strips  
     Roast Rolled Shoulder of Pork  
     Spiced Apple Rings      Sage and Onion Balls  
     Mashed Turnip      Green Peas  
     Browned Potatoes  
     Graham Fruit Pudding  
     Brown Sugar Sauce  
 Nuts      Coffee      Raisins

## Thanksgiving Dinner Menu

Celery, Olives, Radishes  
     Vegetable Consommé  
     Roast Duck  
     Spiced Apple Rings  
     Brussels Sprouts  
     Carrots in Orange Butter  
     Riced Potatoes  
     or Candied Sweet Potatoes  
     Brown Gravy  
     Pumpkin Pie  
 Salted Nuts      Coffee      Mints

## Hallowe'en Dinner Menu

Celery      Carrot Strips      Ripe Olives  
     Fruit Juice Cocktail  
     Hallowe'en Canapés  
     Roast Chicken with Mushroom Stuffing  
     Browned Potatoes      Brussels Sprouts  
     Glazed Pepper Squash  
     Orange Ice Cream      Chocolate Sauce  
     Small Cakes  
 Coffee      Rolls

## Hallowe'en Buffet Supper Table

Jellied Lobster Loaf with Mayonnaise  
 Potato and Carrot Salad      Head Lettuce  
 Assorted Olives      Gherkins      Celery Hearts  
     Stuffed Celery  
     Cheese Filled Rolls  
     Hallowe'en Layer Cake  
 Small Cakes      Coffee

## Waffle Party

Waffles with Maple Syrup  
 Fruit Salad      Coconut Macaroons  
     Coffee

## Pancake Party

Pancakes with Maple Syrup  
 Jellied Fruit Loaf      Chocolate Crisps  
     Coffee or Tea

## Cocoa or Hot Chocolate Party

Cinnamon or Orange Toast or  
     Toasted Fruit Bread  
 Plain Sponge Cake      Butter Cookies  
     Hot Cocoa or Chocolate  
     with  
 Marshmallows or Whipped Cream

## Oyster Supper—I

Celery      Olives      Radishes      Gherkins  
     Oyster Stew  
     Chicken Moulded in Tomato Aspic  
     Thin Bread and Butter  
 Small Cakes      Coffee

## Oyster Supper—II

Fried Oysters with Cole Slaw  
 Hot Finger Rolls      Relishes  
     Lemon Ice      Angel Food  
     Coffee

"JUNKET" MIX for Ice Cream—Folder in Package Just Crammed With Recipes.

# Salads

## Pear and Ginger Salad With Blackstone Dressing

12 halves canned pears.  
 ½ cup chopped candied ginger.  
 ½ cup halved maraschino cherries.  
 Blackstone dressing.  
 Lettuce.  
 Watercress.

Place 2 halves of pears on crisp lettuce. Arrange mounds of Blackstone dressing in the cavities of the pears and around the pears, using an icing tube or fluted pastry bag. Sprinkle with ginger or cherries. Garnish with watercress.

## California Fruit Salad

1 cup orange sections.  
 1 cup sliced peaches.  
 1 cup banana balls.  
 1 cup diced pineapple.

Prepare fruit, sprinkle bananas with lemon juice, arrange these 4 fruits in small piles in cups of lettuce, garnish with watercress and maraschino cherries stuffed with almonds. Serve with fruit meringue.

## Banana and Carrot Salad

4 bananas.  
 1 cup grated carrot.  
 4 tablespoons salad dressing.

Peel the bananas, cut in half and then in half again to make 4 pieces. Now dip each piece into the salad dressing and then roll it in the grated carrot. Place 4 of these on a bed of shredded crisp lettuce or on lettuce leaves. Serve with more dressing and garnish with a sprig of watercress. Serves 4.

## Astor Salad

6 ½-inch slices apple.  
 18 orange sections.  
 1 small bar cream cheese.  
 12 dates, pitted.  
 ¼ cup shredded cocoanut.  
 Whipped cream dressing.  
 Lettuce.

Prepare apple slices—if using red apples leave the skins on, but remove cores. Spread apple slice with softened cream cheese. Arrange 3 orange sections on each slice, then 2 dates. Place this on lettuce and sprinkle with cocoanut. Arrange a mound of whipped cream dressing at the side and garnish with watercress.

## Cinnamon Apple Salad

6 apples.  
 1 cup sugar.  
 3 cups water.  
 1 2-inch piece stick cinnamon.  
 Pink coloring.  
 ¼ cup chopped nuts.  
 ½ cup diced celery.  
 ½ cup seedless raisins.  
 Whipped cream dressing.  
 Sliced blanched almonds.

Peel and core the apples. Make a syrup with the sugar, water and stick cinnamon. Add coloring to desired shade. Drop apples into syrup. Turn frequently until tender. Remove from syrup and set aside to cool. Fill centre with celery, raisins and nuts combined together. Arrange on lettuce leaves and stick sliced almonds into the surface of apples to give porcupine effect. Pile the top with mound of whipped cream dressing. Garnish with watercress.

## Three Fruits Salad

1 can pears, diced.  
 1½ teaspoons lemon juice.  
 1 pint strawberries.  
 1½ cups diced fresh pineapple.  
 ½ cup 32% cream, whipped.  
 ½ cup mayonnaise or salad dressing.  
 ½ cup chopped pistachio nuts.

Sprinkle pears with lemon juice and chill well. Wash and hull berries and cut in half, sprinkle with sugar and chill. Arrange a mound of each fruit in a cup-like arrangement of lettuce. Serve with a mound of mayonnaise and whipped cream combined together. Sprinkle with chopped pistachio nuts. Serves 6.

## Grapefruit and Cocoanut Salad

1 cup diced grapefruit sections.  
 ½ cup celery, diced.  
 ½ cup apple, diced.  
 ½ cup moist shredded cocoanut.  
 1 cup whipped cream dressing.  
 ¼ teaspoon salt.  
 Red apple or currant jelly.  
 Browned almonds.

Combine all ingredients with dressing (use ½ salad dressing and ½ whipped cream). Serve on lettuce and garnish with small bits of jelly and watercress. Sprinkle with browned almonds.

## Cucumber and Green Cabbage Salad

- 2 cups shredded cabbage.
- 1 cup cucumber, cut in inch strips.
- 2 tablespoons chopped green onion.
- 2 tablespoons chopped pimiento.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{4}$  teaspoon celery seed.
- $\frac{1}{3}$  cup vinegar.
- 2 tablespoons water.
- 1 tablespoon salad oil.

Combine vegetables. Add other ingredients mixed together. Place in refrigerator and chill well. Serve on lettuce with mayonnaise and garnish with parsley and tomato sections.

## Potato and Cucumber Salad

- 2 cups cooked diced potatoes.
- $\frac{3}{4}$  cup diced cucumber.
- $\frac{1}{2}$  cup diced celery.
- 1 tablespoon chopped parsley.
- 1 teaspoon grated onion.
- Mayonnaise.
- Seasonings.

Combine ingredients, tossing them lightly with 2 forks. Chill well before using. Serves 6.

## Cabbage and Banana Salad

- 2 cups shredded cabbage.
- 1 cup diced banana.
- $\frac{1}{4}$  cup chopped nuts.
- Whipped cream dressing.

Combine all ingredients lightly with 2 forks, using just enough dressing to blend ingredients. Pile into cups of lettuce and garnish with watercress and bacon curls. Serves 4 to 6.

## Tomato Lily Salad

Remove skin from desired number of tomatoes. Use medium-sized firm tomatoes. Now take a sharp pointed knife and cut into the edge of the tomatoes about  $\frac{1}{8}$ -inch from the round end to the stem end, marking off 6 sections. Now, still using the same knife, peel each section back so that it forms a petal-like formation around the centre of the tomato. Place in lettuce leaves and serve with mayonnaise.



For better salad dressings or mayonnaise, use—



## A Bowl of Greens

- 1 large head lettuce, chopped.
- 1 cup shredded green cabbage.
- $\frac{1}{2}$  cup shredded green pepper.
- $\frac{1}{2}$  cup shredded celery.
- French dressing.

Combine all ingredients, lightly mixing with 2 forks. Serve very cold in a salad bowl garnished around the edge with watercress.

## Cabbage and Carrot Slaw

- 2 cups coarsely shredded carrot.
- 2 cups coarsely shredded cabbage.
- $\frac{1}{3}$  cup diluted vinegar.
- $\frac{1}{2}$  cup cooked salad dressing.
- $\frac{1}{4}$  cup sour cream.
- Seasonings.

Crisp carrots and cabbage by placing in ice cold water and leaving to stand. Drain well, add vinegar and chill 15 minutes. Drain again and toss vegetables until thoroughly dry. Add the salad dressing mixed with the cream. Serves 6.

## Garden Salad

- 2 cups shredded cabbage.
- 1 cup diced celery.
- 1 cup grated carrot.
- $\frac{1}{2}$  cup chopped pimiento.
- 1 tablespoon chopped green onion.
- Salt and pepper.
- French dressing.

Combine all ingredients. Add enough mayonnaise to bind ingredients. Arrange in large salad bowl lined with lettuce. Garnish with tomatoes. Serves 6.

## Stuffed Egg and Tomato Salad

- 3 hard-cooked eggs.
- 2 slices crisp cooked bacon.
- 1 tablespoon chopped green pepper.
- Seasonings.
- Mayonnaise.
- 6 medium tomatoes.
- 3 stuffed olives.

Remove shells from hard-cooked eggs and cut hard-cooked eggs in half (zigzag the edge when cutting, if you can). Remove the yolks and mash with a fork. Add chopped bacon, green pepper, seasonings and mayonnaise to moisten. Beat until well mixed and pile into the egg whites. Meanwhile, remove skins from tomatoes and scoop out sufficient from the stem end to allow the egg to set in the tomato. Place egg in cavity in tomato. Arrange on lettuce and garnish with watercress and mayonnaise.



**Tuna Fish and Apple Salad**

- 1 cup tuna fish, flaked.
- $\frac{3}{4}$  cup diced apple.
- $\frac{3}{4}$  cup diced celery.
- $\frac{1}{4}$  cup shredded almonds.
- 1 tablespoon lemon juice.
- $\frac{1}{3}$  cup mayonnaise.
- Seasonings.

Sprinkle apples with lemon juice. Add tuna fish and celery, then nuts and mayonnaise. Toss together lightly. Arrange on crisp lettuce. Garnish with mayonnaise and watercress. Serves 6.

**Sweetbread and Bacon Salad**

- 1 pair sweetbreads.
- 6 slices side bacon.
- $\frac{3}{4}$  cup diced celery.
- 2 tablespoons diced green pepper.
- $1\frac{1}{2}$  teaspoons lemon juice.
- $\frac{1}{4}$  teaspoon salt.
- Dash of cayenne.
- 3 tablespoons mayonnaise.

Soak sweetbreads in cold water for 1 hour. Drain, cover with boiling water to which has been added 1 teaspoon vinegar and  $\frac{1}{2}$  teaspoon salt. Let cool in water in which they were cooked. Remove membrane and dice neatly. Cook bacon until crisp. Cool, break into pieces, add to sweetbreads with remaining ingredients. Toss together and serve on crisp lettuce. Serve garnished with watercress and pickled walnuts. Serves 4.

**Black and Orange Salad**

- 1 cup flaked Tuna fish.
- 1 cup diced pineapple.
- $\frac{1}{2}$  cup coarsely grated carrot.
- $\frac{1}{2}$  cup seedless raisins.
- $\frac{1}{2}$  cup diced celery.
- $\frac{1}{3}$  cup French dressing.

Combine all ingredients. Mix together with two forks. Serve on lettuce, seasoned to taste. Garnish with watercress, cubes of orange jelly and stuffed prunes.

**Chinese Salad**

- 1 can shrimps.
- 1 cup diced celery.
- 2 tablespoons green pepper.
- $\frac{3}{4}$  cup cooked rice.

Drain shrimp and remove viscera (the little black line along the back of the shrimp). Cut in pieces. Combine all the ingredients, mixing with French dressing. Serve on crisp lettuce and garnish with tomatoes and watercress. Serves 6.

**Chicken, Pineapple and Almond Salad**

- 2 cups diced chicken.
- 1 cup pineapple cubes.
- $\frac{1}{2}$  cup celery diced.
- 3 tablespoons shredded almonds, browned.
- $\frac{1}{3}$  cup French dressing.

Combine all ingredients with the French dressing and chill in the refrigerator for 2 or 3 hours. Arrange on lettuce, garnish with mayonnaise, watercress and sliced tomato to add color.

**Bacon and Cabbage Salad**

- 3 cups finely shredded cabbage.
- 1 teaspoon grated onion.
- 2 tablespoons chopped pimiento.
- $\frac{1}{4}$  cup chopped, cooked, crisp bacon.
- $\frac{1}{4}$  teaspoon Worcester sauce.
- Mayonnaise.
- Salt and pepper.

Cut cabbage and, if possible, allow it to stand for 1 hour in slightly salted cold water. Drain very well. Combine with other ingredients and serve on lettuce garnished with watercress. Serves 5-6.

**Potato, Peanut and Carrot Salad**

- 2 cups cooked diced potatoes.
- 1 cup grated raw carrot.
- 1 teaspoon grated onion.
- 2 tablespoons chopped green pepper.
- 1 teaspoon salt.
- $\frac{1}{8}$  teaspoon pepper.
- 1 teaspoon Worcester sauce.
- Mayonnaise to moisten.

Combine all ingredients and chill well before serving. Serves 6. Garnish with watercress and devilled eggs for a luncheon course.

**Bolivia Potato Salad**

- 2 cups cold cooked diced potato.
- 2 pimientos, chopped.
- $1\frac{1}{2}$  tablespoons chopped green onion.
- 3 hard-cooked eggs, chopped.
- $\frac{1}{2}$  cup French dressing.

Toss ingredients together lightly, with forks. Add French dressing and any extra seasoning desired. Chill for 1 hour or longer. Add mayonnaise if desired. Arrange in bowl and sprinkle with chopped chives or green pepper.

*Crisp Salads, Frozen Desserts, Iced  
Beverages—All are made Better with a*

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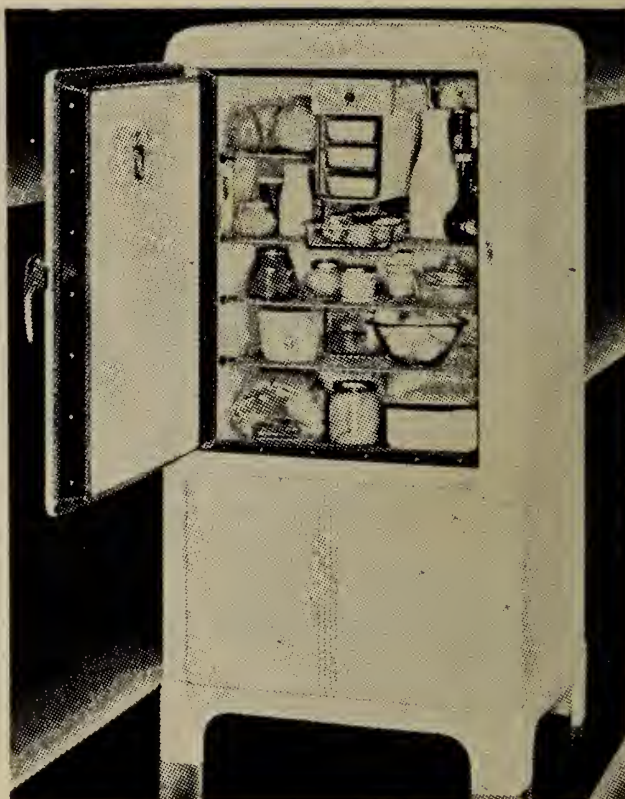
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# Jellied Salads



## Cucumber Jelly With Salmon Mayonnaise

- 4 cups sliced cucumber.
- 2 tablespoons chopped onion.
- 1½ teaspoons salt.
- ⅛ teaspoon pepper.
- 2¾ cups water.
- ¼ cup vinegar.
- 2 tablespoons gelatine.
- ¼ cup cold water.
- 4 tablespoons chopped green pepper.

Cook cucumber, onion, salt and pepper with water in a covered saucepan until cucumbers are soft—about 20 minutes. Meanwhile, soak gelatine in cold water. Press cucumber mixture through sieve (measure 2 cups). Add vinegar and reheat to boiling. Add gelatine and stir until dissolved. Chill and allow to partially set. Add green pepper (and other vegetables if desired). Turn in moulds moistened with water. Unmould on to a bed of lettuce. Serve with salmon mayonnaise and garnish with watercress.

## Grapefruit and Pineapple Mould

- 1 tablespoon gelatine.
- 2 tablespoons cold water.
- 1 cup pineapple juice.
- ½ cup grapefruit juice.
- ¾ cup diced pineapple.
- ¾ cup diced grapefruit sections.
- ¾ cup diced celery.
- ⅛ teaspoon salt.

Soak gelatine in cold water. Heat pineapple juice to boiling and pour over softened gelatine and grapefruit juice. Allow to partially set, then add remaining ingredients. Place in moulds moistened with cold water, chill, unmould on to lettuce and serve garnished with watercress and dressing. Stuffed celery would also be an interesting garnish.

## Lime and Carrot Mould

- 1 package lime jelly powder.
- 1 cup boiling water.
- 1 cup cold water.
- 1 tablespoon lemon juice.
- ¾ cup well-drained crushed pineapple.
- 1 cup grated raw carrot.
- ¼ teaspoon salt.

Dissolve jelly powder in boiling water, add cold water and lemon juice. Chill. When partially set add the remaining ingredients. Pour into moistened ring mould. Serve on lettuce with salad dressing. Garnish with watercress.

## Red Crest Tomato Aspic

- 1 package strawberry gelatine.
- 2 cups boiling tomato juice.
- 1½ teaspoons salt.
- Dash of cayenne pepper.
- 1½ teaspoons grated onion.

Dissolve gelatine in hot tomato juice. Add other ingredients. Turn into moistened moulds and chill thoroughly until set. Will make 4 large individual moulds or 6 ring moulds or 1 large mould to serve about 8 with a cold meat plate.

## Tomato Jelly and Cheese Salad

Half fill individual moulds with tomato jelly and allow to partially set. Combine:

- 1 bar white cream cheese.
- 2 tablespoons chopped celery.
- 2 tablespoons chopped nuts.
- 2 teaspoons mayonnaise.
- Salt.

Form this mixture into 6 small balls. Place 1 in each mould on top of the partially set jelly. Pour on the remaining aspic. Chill. Unmould on lettuce. Can be served with a vegetable salad.



### Apple Ginger Ale Salad

- 1 package lime jelly powder.
- $\frac{1}{2}$  cup boiling water.
- $1\frac{1}{2}$  cups dry ginger ale.
- 1 tablespoon lemon juice.
- 1 cup diced apples.
- $\frac{1}{4}$  cup red maraschino cherries.
- $\frac{1}{4}$  cup shredded almonds.
- 1 tablespoon candied ginger.
- $\frac{1}{8}$  teaspoon salt.

Dissolve jelly powder in boiling water. Add cold ginger ale and lemon juice. Chill and allow to partially set. Add fruits and nuts. Turn into moistened moulds. Serve on lettuce with whipped cream dressing. Garnish with watercress and cottage cheese formed into balls and rolled in nuts. Serves 6.

### Jellied Ham and Green Pea Mould

- $\frac{1}{4}$  cup vinegar.
- 1 cup hot water.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{3}$  cup granulated sugar.
- 1 tablespoon lemon juice.
- 1 tablespoon gelatine.
- $\frac{1}{4}$  cup cold water.
- 1 tablespoon horseradish.
- 1 cup ham, cut in inch shreds.
- 1 cup green peas.
- 1 hard-cooked egg, sliced.

Combine vinegar, water, salt and sugar. Heat to boiling. Pour over the gelatine soaked in cold water. Add the lemon juice. Chill and allow to set partially. Add the horseradish, ham and peas. Rinse out moulds in cold water. Add a small amount of jelly. Place in a slice or two of hard-cooked egg. Add rest of jelly and chill well before serving.

### Jellied Chicken

(With Canned Chicken)

- 2 cans chicken.
- 1 cup clear chicken broth.
- 1 teaspoon lemon juice.
- Season to taste.
- 1 cup diced celery.
- 1 tablespoon gelatine.
- $\frac{1}{4}$  cup cold water.

Open cans of chicken. Heat gently to melt jelly around meat. Strain out meat and dice into neat small cubes. Add this juice to broth. Heat to boiling, add lemon juice and seasoning. Pour over gelatine soaked in cold water. Chill, and when partially set, add chicken and celery. Pimiento may also be added if desired. Pour into moistened moulds and chill until set.

### Jellied Tuna Loaf

- 1 package lemon jelly powder.
- 1 cup boiling water.
- $\frac{3}{4}$  cup cold water.
- $1\frac{1}{2}$  tablespoons vinegar.
- $\frac{1}{2}$  teaspoon salt.
- Few grains cayenne pepper.
- 1 cup flaked tuna fish.
- 1 cup cooked peas, fresh or canned.
- 2 tablespoons chopped pimiento.
- $\frac{1}{2}$  cup mayonnaise or salad dressing.

Dissolve gelatine in hot water. Add cold water, vinegar, salt and cayenne. Chill and when partially set fold in the remaining ingredients. Turn into a moistened mould. Chill until firm. Serve garnished with lettuce sections, tomatoes and cucumbers. Serves 6.

#### Variations:

- (1) 1 cup flaked salmon.  
1 cup diced celery.
- (2)  $1\frac{1}{2}$  cups halved cleaned shrimps.  
2 tablespoons chopped green pepper.

### Salad Ambrosia

- 2 tablespoons gelatine.
- $\frac{1}{2}$  cup cold water.
- 1 cup hot chili sauce.
- 1 cup boiled salad dressing.
- 1 cup cream, whipped.
- $\frac{1}{2}$  cup diced green pepper.
- $\frac{1}{2}$  cup shredded blanched almonds.
- 1 cup cottage cheese.

Soak gelatine in cold water. Dissolve in hot chili sauce. When cold fold in cheese, dressing, cream, green pepper and almonds. Mould and chill. Turn on to crisp lettuce and garnish with watercress and olives. This can be moulded individually and turned out on to rings of pineapple.

### Chicken and Tomato Mould

Prepare tomato jelly as in aspic recipe. Chill and, when partially set, add:

- $1\frac{1}{2}$  cups diced chicken.
- $\frac{1}{2}$  cup diced celery.
- 2 tablespoons green pepper.

Stir these ingredients into the jelly which is partially set. Now turn this into the moistened moulds. Chill until set and unmould on lettuce leaves. Garnish with watercress.

Shrimp and lobster may be substituted for the chicken in the above recipe.

"JUNKET" Rennet Powder makes Rennet Custards in a jiffy.

# Salad Dressings

## Mayonnaise

- 1 egg yolk.
- 1 teaspoon fruit sugar.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{2}$  teaspoon mustard.
- $\frac{1}{8}$  teaspoon paprika.
- $\frac{1}{4}$  teaspoon tabasco sauce or
- $\frac{1}{2}$  teaspoon Worcester sauce.
- $\frac{1}{4}$  cup lemon juice or vinegar.
- 1 cup salad oil.

Mix dry ingredients. Add to egg yolk in a bowl. Beat well. Add a few drops oil. Beat—add few drops vinegar—beat. Once mixture starts to thicken the vinegar and oil can be added in large quantities alternately.

Should the mixture separate, start over by beating the curdled mixture into another egg yolk. Have all ingredients quite cold.

## Jellied Mayonnaise

- 1 teaspoon gelatine.
- 2 tablespoons cold water.
- 1 cup thick mayonnaise.

Soak gelatine in cold water. Dissolve over hot water. Add to mayonnaise. Chill slightly. Spread smoothly over meat or vegetable loaf. Garnish and chill.

## Thousand Island Dressing

- 1 cup mayonnaise.
- 2 tablespoons chili sauce.
- 2 tablespoons catsup.
- 2 tablespoons chopped pimiento.
- 2 hard-cooked eggs, chopped.
- 2 tablespoons chopped olives or gherkins.

Combine ingredients and chill before serving.

## Russian Dressing

- $\frac{1}{2}$  cup mayonnaise.
- $\frac{1}{2}$  cup chili sauce.
- 2 tablespoons diced celery.
- 2 tablespoons sliced stuffed olives.
- 2 tablespoons diced green pepper.

Combine and chill before serving.

## Savoury Mayonnaise

- 1 cup mayonnaise.
- 2 tablespoons chopped green pepper.
- 2 tablespoons chopped pickled onions.
- 1 tablespoon chopped salted nuts.
- 1 tablespoon sliced stuffed olives.

Combine and chill before serving.

## Cooked Salad Dressing

- 1 tablespoon cornstarch.
- 2 teaspoons mustard.
- 1 teaspoon salt.
- $\frac{1}{4}$  cup sugar.
- Dash of cayenne.
- 2 eggs.
- $\frac{1}{2}$  cup diluted vinegar.
- $1\frac{1}{4}$  cups milk.
- 1 tablespoon butter.

Blend dry ingredients with some of vinegar. Add beaten eggs. Cook in double boiler, adding slowly vinegar and milk alternately. Stir constantly until mixture thickens. Add butter. Chill.

## French Dressing

- 1 cup salad oil.
- $\frac{1}{3}$  cup vinegar.
- $1\frac{1}{2}$  tablespoons sugar.
- 2 teaspoons salt.
- $\frac{1}{2}$  teaspoon paprika.
- Few grains cayenne.
- $\frac{1}{2}$  teaspoon grated onion OR rub bowl with cut garlic bud.

Combine all ingredients and beat until thick and smooth or shake in a tightly covered container. Chill. Shake or beat again before using. Makes 1-1/3 cups dressing.

## Lombardy Dressing

- $\frac{1}{2}$  cup French dressing.
- 2 tablespoons catsup.
- 1 tablespoon finely-chopped green pepper.
- 1 teaspoon grated onion.

Combine ingredients and chill before using. Makes 2/3 cup dressing.

## Salmon Mayonnaise

- $\frac{3}{4}$  cup flaked salmon (1 small can).
- $\frac{1}{2}$  cup diced celery.
- 3 tablespoons chopped olives.
- $\frac{1}{2}$  cup mayonnaise.
- $\frac{1}{4}$  cup whipped cream.

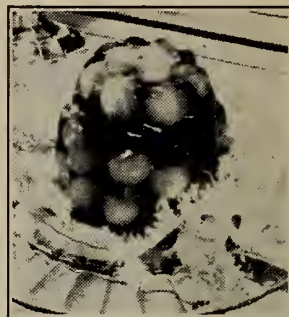
Combine all ingredients, folding in the whipped cream at the last.



For wonderful Mayonnaise or French Dressings—



# Desserts



## Cherry Crisp

- $\frac{3}{4}$  cup flour.
- $\frac{3}{4}$  cup brown sugar.
- $\frac{1}{2}$  cup butter.
- 1 quart pitted cherries.
- 3 tablespoons granulated sugar.

Combine butter, brown sugar and flour by working together with a spoon. Place cherries in deep pie dish or casserole. Sprinkle with granulated sugar. Crumble the flour mixture over cherries. Bake at 375 degrees F. for 30 minutes or until brown.

## Banana and Lemon Sponge

- 1 tablespoon gelatine.
- $\frac{1}{4}$  cup cold water.
- $\frac{1}{2}$  cup sugar.
- $1\frac{1}{4}$  cups hot water.
- 2 tablespoons lemon juice.
- $\frac{3}{4}$  cup crushed banana.
- 2 egg whites.
- $\frac{1}{2}$  teaspoon salt.

Soak gelatine in cold water, combine the sugar, hot water and bring to boil. Pour this over the gelatine and stir until dissolved. Add the lemon juice and chill until slightly set. Add the bananas and beat until foamy. Now fold in the egg whites stiffly beaten with the salt. Pour into wet moulds, or arrange in sherbet glasses. Serve with custard sauce.

## Meringues With Marshmallow Filling

- $\frac{1}{4}$  pint whipping cream (32%).
- 12 marshmallows diced.
- $\frac{1}{2}$  cup canned or fresh fruit, diced.
- $\frac{1}{4}$  cup chopped almonds.
- $1\frac{1}{2}$  tablespoons fruit sugar.
- 6 meringue rings.

Combine the stiffly whipped cream, fruit, nuts and the marshmallows cut up in pieces. Allow to stand for several hours. To serve pile in the centre of the meringue rings and garnish with maraschino cherries or some of the fruit used in the mixture. Serves 6.

## Lime Jelly With Honeydew Balls

- 1 package lime jelly powder.
- 1 cup boiling water.
- $\frac{3}{4}$  cup cold water.
- $\frac{1}{4}$  cup fresh lime juice.
- 2 tablespoons fruit sugar.
- 2 cups honeydew melon balls.

Pour boiling water over jelly powder. Add cold water, fruit sugar and lemon juice. Stir until dissolved. Chill until partially set. Add melon balls. Turn into moulds moistened with cold water. Chill until set. Unmould. Garnish with whipped cream to which chopped marshmallows have been added. Serves 6 to 8.

## Jellied Peaches in Lime Jelly

- 1 package lime jelly powder.
- 1 cup boiling water.
- 1 cup juice from peaches.
- 1 tablespoon lemon juice.
- $1\frac{1}{2}$  cups diced canned peaches.
- $\frac{1}{4}$  cup seedless raisins.
- 2 tablespoons maraschino cherries.
- 3 tablespoons chopped nuts.

Dissolve jelly powder in boiling water and fruit juices. Chill and allow to set partially. Fold in the fruits. Turn into moistened mould. Chill until firm. Serve garnished with whipped cream. Six or 8 servings.

## Plum Sponge

- 1 tablespoon gelatine.
- 2 tablespoons cold water.
- $1\frac{1}{2}$  cups plum pulp and juice (pressed through a sieve).
- 2 egg whites.
- $\frac{1}{8}$  teaspoon salt.
- 2 tablespoons fruit sugar.

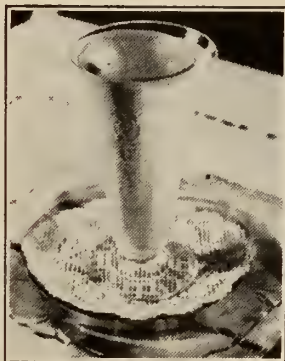
Soak gelatine in cold water. Press pulp and juice through a sieve, measure and heat to boiling. Add gelatine to boiling fruit juice. Chill until partially set. Beat egg whites and salt until stiff. Add sugar gradually. Beat the jelly and add the egg whites. Beat until all is combined well. Chill and serve with custard sauce.



### Maple Syrup Junket

- 1 pint milk.
- 3 tablespoons maple syrup.
- $\frac{1}{8}$  teaspoon salt.
- 1 junket tablet.
- 1 tablespoon cold water

Heat milk and syrup to lukewarm only. Add the salt. Meanwhile dissolve the junket tablet in cold water and add to the lukewarm milk. Stir only enough to mix the dissolved tablet into the milk. Pour into sherbet glasses and allow to stand in warm room until set. Then chill and serve with whipped cream. Sprinkle with finely chopped burnt almonds. Serves 4-5.



### Spanish Cream

- $1\frac{1}{2}$  tablespoons gelatine.
- $\frac{1}{4}$  cup cold water.
- 3 egg yolks.
- $\frac{1}{4}$  cup sugar.
- $\frac{1}{8}$  teaspoon salt.
- 3 cups milk.
- 1 teaspoon vanilla.
- 3 egg whites.
- $\frac{1}{4}$  cup granulated sugar.

Soak gelatine in cold water. Scald the milk and add to the egg yolks, sugar and salt beaten together. Cook, stirring constantly, until it coats a spoon. Dissolve gelatine in the hot mixture. Cool and add vanilla. As mixture begins to thicken, fold in the meringue made from the stiffly beaten egg whites and sugar. Mould and chill. Serve with whipped cream and cherries.

### Maple Almond Charlotte

- $1\frac{1}{2}$  tablespoons gelatine.
- $\frac{1}{2}$  cup cold water.
- $\frac{3}{4}$  cup scalded milk.
- $\frac{1}{2}$  cup maple syrup.
- 2 egg yolks.
- $\frac{1}{8}$  teaspoon salt.
- $\frac{1}{2}$  teaspoon vanilla.
- 2 egg whites.
- $\frac{1}{2}$  pint whipping cream.
- $\frac{1}{2}$  cup chopped toasted almonds.

Soak gelatine in cold water. Scald milk, syrup and salt together. Add to slightly beaten egg yolks. Return to stove and cook until thick. Add gelatine and vanilla. Stir until dissolved. Chill and when partially set fold in the beaten egg whites, then the whipped cream and almonds. Arrange in sherbet glasses and garnish with whipped cream and mint cherries.

### Pineapple Tapioca Fluff

- $\frac{1}{3}$  cup minute tapioca.
- $\frac{1}{4}$  teaspoon salt.
- 3 cups hot pineapple juice and water.
- $\frac{1}{3}$  cup sugar.
- 1 cup crushed canned pineapple.
- 1 egg white, stiffly beaten.

Combine tapioca, salt, pineapple juice and water. Cook in double boiler for 15 minutes or until clear. Stir often. Add sugar and pineapple. Fold into the stiffly beaten egg white. Chill. Arrange in sherbets, garnished with whipped cream. Makes 6 servings.

### Apple Rice Fluff

- $\frac{3}{4}$  cup rice.
- $1\frac{1}{2}$  quarts boiling water.
- 1 teaspoon salt.
- 1 cup thick sweet apple sauce.
- $\frac{1}{4}$  pint 32% cream, whipped.

Cook the rice with the salt in boiling water. Drain, and rinse in cold water, using a sieve to hold the rice grains. Add the rice to the apple sauce. Now whip the cream and fold in lightly to the mixture. Pile in sherbet glasses and garnish with any fruit or jelly.

### Honey Krisp Roll

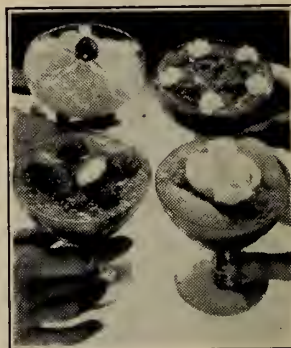
- $\frac{1}{2}$  cup chopped dates.
- $\frac{1}{3}$  cup chopped nuts.
- 8 marshmallows, chopped.
- $\frac{1}{4}$  cup honey.
- $\frac{1}{2}$  pint 32% cream.
- $1\frac{1}{2}$  cups rolled rice krispie crumbs.

Combine dates, nuts, marshmallows, honey and 1 cup of the rolled rice krispies crumbs. Fold this into the whipped cream. Shape this mixture into a roll and cover with the remaining crumbs. Roll snugly in wax paper. Chill over night. Serve in slices, topped with whipped cream and maraschino cherries.

### Cherry Tapioca

- 1 cup preserved cherry juice.
- $\frac{1}{4}$  cup cold water.
- $\frac{1}{4}$  cup sugar.
- 2 tablespoons minute tapioca.
- $\frac{3}{4}$  cup pitted cherries.
- 2 tablespoons shredded blanched almonds.

Combine fruit juice, water, sugar and tapioca in top of double boiler. Cook over boiling water until the tapioca is transparent or about 30 minutes. Remove from the heat. Add the fruit and nuts. A stiffly beaten egg white folded in makes for a lighter texture. Chill in sherbets. Serve with plain or whipped cream.



### Honey Junket

- 2 cups milk.
- 2 tablespoons honey.
- Few grains salt.
- 1 junket tablet.
- 1 tablespoon cold water.
- $\frac{1}{4}$  teaspoon vanilla.

Combine milk, honey and salt. Heat in double boiler until lukewarm. Remove from heat and add the vanilla. Pour into sherbet glasses and leave to set in a warm place without moving. When set, chill well in the refrigerator.

### Date Caramel Pudding

- $1\frac{3}{4}$  cups scalded milk.
- $\frac{1}{2}$  cup dates sliced.
- $2\frac{1}{2}$  tablespoons cornstarch.
- $\frac{1}{8}$  teaspoon salt.
- $\frac{1}{4}$  cup cold milk.
- 2 egg yolks or 1 egg.
- $\frac{1}{2}$  cup brown sugar.
- 1 teaspoon vanilla.
- 1 tablespoon caramel syrup.
- $\frac{1}{4}$  cup chopped walnuts.

Scald the dates with the milk. Mix the salt, cornstarch and cold milk. Add to the scalded milk. Cook over boiling water, stirring constantly, until thick and smooth, about 15-20 minutes. Beat egg yolks or egg slightly; stir in the sugar and enough hot mixture to form a mixture that will pour readily. Add this mixture to the contents of the double boiler. Stir for one minute. Remove from heat, add vanilla. Pile nuts in sherbet glasses and when cool garnish with whipped cream and chopped nuts. Serves 5-6.

### Chocolate Fluff

- 3 tablespoons cornstarch.
- 3 tablespoons cocoa.
- 1 cup sugar.
- $\frac{1}{8}$  teaspoon salt.
- $1\frac{1}{2}$  cups hot water.
- 1 tablespoon butter.
- $\frac{1}{2}$  teaspoon vanilla.
- 2 egg whites, stiffly beaten.

Mix cornstarch, sugar, cocoa and salt. Add water and mix well. Cook over direct heat, stirring constantly. When thick and clear add butter and vanilla. Beat the hot mixture into the beaten egg whites. Chill. Serve in sherbet glasses and top with cocoanut or chopped nuts and whipped cream.

### Lemon Bavarian Cream

- 1 tablespoon gelatine.
- 2 tablespoons cold water.
- $\frac{3}{4}$  cup boiling water.
- 1 cup granulated sugar.
- 1 teaspoon grated lemon rind.
- $\frac{1}{2}$  cup lemon juice.
- $\frac{1}{8}$  teaspoon salt.
- 1 cup ( $\frac{1}{2}$  pint) whipping cream.

Add gelatine to cold water and soak 5 minutes. Add combined boiling water, sugar and lemon rind. Add lemon juice and salt. Allow to stand in cool place and partially set. Beat until light and fluffy. Fold in whipped cream. Place in moistened mould and chill until firm. Unmould and garnish with cherries. Serves 6.

### Glorified Chocolate Rice

- 3 cups cooked rice.
- $\frac{1}{2}$  cup toasted almonds.
- $\frac{1}{2}$  cup chopped marshmallows.
- 2 egg whites.
- $\frac{1}{8}$  teaspoon salt.
- $\frac{1}{2}$  cup fruit sugar.

Combine rice, almonds and marshmallows. Beat egg whites with salt until stiff. Add sugar gradually and beat in well. Fold rice mixture into this and pile in sherbet glasses. Serve with chocolate mint sauce.

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### Pineapple Upside-Down Cake

- 3 tablespoons butter.
- $\frac{1}{2}$  cup brown sugar.
- 5 or 6 slices canned pineapple.
- 5 or 6 maraschino cherries.

Place butter in round cake pan and melt. Sprinkle on the sugar. Now place in slices of pineapple with a cherry in the middle of each one.

- $2\frac{1}{2}$  tablespoons butter.
- $\frac{1}{2}$  cup fine sugar.
- 1 egg.
- $\frac{1}{4}$  teaspoon flavoring.
- 1 cup flour.
- $1\frac{1}{4}$  teaspoons baking powder.
- $\frac{1}{4}$  teaspoon salt.
- $\frac{1}{4}$  cup milk.

Cream butter very well. Add sugar gradually and cream in well. Add the well-beaten egg and beat very thoroughly. Add flavoring. Mix and sift the dry ingredients and add alternately with the milk. Pour over the fruit arranged in pan. Bake at 350 degrees F. for about 35 minutes. Loosen cake from sides of pan. Invert on large serving plate and serve either with or without whipped cream.

### Raspberry Upside-Down Cake

- 3 tablespoons butter.
- $\frac{1}{2}$  cup fine granulated sugar.
- 1 egg.
- Few drops almond flavoring.
- 1 cup flour.
- $1\frac{1}{2}$  teaspoons baking powder.
- $\frac{1}{4}$  teaspoon salt.
- $\frac{1}{4}$  cup milk.
- 3 tablespoons butter.
- $\frac{3}{4}$  cup brown sugar.
- 1 pint box raspberries.

Cream butter and sugar thoroughly together. Add beaten egg, and beat well. Add flavoring. Mix and sift dry ingredients, and add alternately with the liquid. Meanwhile melt second amount of butter in 8 x 8 pan, sprinkle on sugar, and allow the two to melt together. Cover with berries. Now pour the cake batter over the berries. Bake at 325 degrees F. for 30 minutes. Turn out on to cake rack (or plate if served hot). Garnish with whipped cream and fresh berries.

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# BENSON'S CORN STARCH



### Apricot Whip

- $1\frac{1}{2}$  tablespoons gelatine.
- $\frac{1}{4}$  cup cold water.
- $\frac{1}{2}$  cup boiling water.
- $\frac{1}{2}$  cup granulated sugar.
- $\frac{3}{4}$  cup strained apricots.
- 2 tablespoons lemon juice.
- 2 egg whites, stiffly beaten.
- $\frac{1}{8}$  teaspoon salt.

Soak gelatine in cold water. Combine sugar and boiling water. Reheat to boiling and dissolve the sugar. Add gelatine and apricots. When cool, add lemon and allow to partially set. Beat until foamy. Add the well-beaten egg white and salt and beat until well blended and fluffy. Chill and serve with whipped cream. Serves 6.

### Jellied Apples

- 4 red apples.
- $\frac{3}{4}$  cup granulated sugar.
- 1 cup boiling water.
- Thin shavings of lemon rind.
- 1 tablespoon gelatine.
- $\frac{1}{4}$  cup cold water.
- $1\frac{1}{2}$  cups apple syrup.
- 2 tablespoons lemon juice.

Combine sugar, water and lemon. rind. Boil 3 minutes, remove rind. Drop in sections of apple, pared and cored. Cook slowly in syrup until clear, covered part of the time. Lift sections out carefully so as not to break. Measure syrup, add water to make up to  $1\frac{1}{2}$  cups. Soak gelatine in cold water. Add to boiling syrup and lemon juice. When partially set, add apple sections, carefully folding them into the jelly. Pile into sherbet glasses and serve with custard sauce or whipped cream.

### Peppermint Chocolate Mould

- 2 cups scalded milk.
- 3 tablespoons cornstarch.
- $\frac{1}{4}$  cup granulated sugar.
- $\frac{1}{8}$  teaspoon salt.
- $\frac{1}{4}$  cup cold milk.
- $\frac{1}{4}$  teaspoon peppermint flavoring.
- Green coloring.

Mix cornstarch, sugar and salt with the cold milk. Stir into the hot milk in double boiler; cook, stirring constantly until thick. Cover and cook for 15 minutes. Add peppermint and enough green coloring to make it the palest green shade. Pour into moistened moulds and chill well. Unmould and serve with chocolate sauce.

### Her Majesty's Pudding

- ½ cup pineapple syrup.
- ⅓ cup granulated sugar.
- 1 cup diced pineapple.
- 1 tablespoon lemon juice.
- 1½ cups bread cubes.
- 2 egg yolks.
- 1½ cups milk.
- ¼ cup shredded cocoanut.
- ¼ teaspoon salt.
- 1 teaspoon grated lemon rind.
- 2 egg whites.
- 3 tablespoons fruit sugar.

Combine pineapple, syrup and sugar and boil for 2 minutes. Add lemon juice. Cool and pour over the bread cubes arranged in a greased baking dish. Beat egg yolks slightly, add milk, salt, lemon rind and cocoanut. Pour this over the ingredients in the baking dish. Place in oven and oven-poach at 350 degrees F. for 30 minutes. Now beat the egg whites until stiff. Add the sugar gradually and beat in well. Spread this meringue on the partly baked mixture, then continue to bake at 325 degrees F. for 30 minutes longer. Chill slightly before serving.

### Fairy Pie

- ⅓ cup butter.
- ½ cup granulated sugar.
- 4 egg yolks.
- 1 cup flour.
- ¼ teaspoon salt.
- 1 teaspoon baking powder.
- ¼ cup milk.

Cream butter, add sugar gradually and cream well together. Add well-beaten egg yolks. Beat until light. Add sifted dry ingredients and milk alternately. Turn into 2 buttered 9-inch round layer cake pans. Place in refrigerator while preparing

- 4 egg whites.
- ¼ teaspoon salt.
- 1 cup fruit sugar.
- 1 teaspoon vanilla.
- ½ cup chopped nuts.

Beat egg whites with salt until stiff. Beat in sugar gradually. Flavor. Pile on cake batter. Sprinkle with nuts. Bake at 350 degrees F. for 35 minutes. Let cool in pans. Arrange on serving plate as a layer cake with a filling of chopped fresh or canned fruits. Serve with whipped cream.

### Hallowe'en Refrigerator Cake

- 1 chocolate cake.
- 1 package orange jelly powder.
- 1 cup boiling water.
- ½ cup orange juice.
- 2 tablespoons lemon juice.
- ½ cup cold water.
- ¼ teaspoon salt.
- Orange coloring.
- 1 tablespoon fruit sugar.
- ½ pint 32% cream.

Line a square or rectangular mould with chocolate cake. Dissolve jelly powder in boiling water, add fruit juices, cold water and salt. Now add orange coloring to make jelly a deeper shade. Chill until partially set. Add cream and beat all together until thick with a Dover or electric beater. Pour into lined mould. Cover with more cake. Chill over night. Unmould and serve garnished with whipped cream, colored orange, and sprinkled with chocolate shot.

### Chocolate Trifle

- 2 cups stale cake cubes or crumbs.
- ½ cup shredded cocoanut.
- 2 cups scalded milk.
- 6 egg yolks.
- ⅓ cup sugar.
- 3 tablespoons cocoa.
- ¼ teaspoon salt.
- ½ teaspoon vanilla.
- Whipped cream.
- Chopped nuts.

Arrange crumbs, add cocoanut in serving dish. Scald the milk. Beat the egg yolks slightly, adding the sugar, cocoa and salt. Add some of the hot milk to this mixture; mix well, and add to the remaining milk in double boiler. Cook until it coats a metal spoon. Chill at once as quickly as possible; add the vanilla. Pour this over the cake crumbs. Garnish with a few mounds of whipped cream and sprinkle with nuts. Serves 6.

*Note* — This recipe is particularly adapted for using up extra egg yolks.

### Caramel Syrup

- 1 cup granulated sugar.
- 1 cup boiling water.

Put sugar in frying pan on slow heat. Stir until sugar is melted. Allow to bubble and cook to a golden brown. Remove from the fire, add the cup of water and stir until the melted sugar and water are blended. Cook for about 5 minutes or until slightly thickened.

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**Read THE EVENING TELEGRAM**

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"JUNKET" MIX for Ice Cream Makes Ice Cream Smoother and More Luscious.

### Mocha Ice-Box Cake

- 1 tablespoon cocoa.
- $\frac{1}{8}$  teaspoon salt.
- $\frac{1}{3}$  cup granulated sugar.
- $\frac{1}{2}$  cup water.
- 1 tablespoon gelatine.
- $\frac{1}{2}$  cup cold water.
- $\frac{3}{4}$  cup hot coffee.
- $\frac{1}{2}$  cup 32% cream.
- Lady fingers.

Combine cocoa, sugar, salt and water. Bring to boil, add gelatine, which has been soaked in the cold water. Add coffee. Chill when partially set, beat with Dover beater until light. Add the cream, unbeaten and whip until light and fluffy. Line a moistened mould with split lady fingers dipped in the above mixture, then arrange alternate layers of mixture and split lady fingers, having the lady fingers on top. Chill for several hours, unmould on plate, garnish with whipped cream and chopped nuts. Serves 6.

### Gingerbread Banana Shortcake

- $\frac{1}{2}$  cup butter.
- $\frac{1}{3}$  cup brown sugar.
- 2 eggs, well beaten.
- $\frac{1}{4}$  cup molasses.
- $\frac{1}{4}$  cup corn syrup.
- $\frac{1}{2}$  cup milk.
- $1\frac{3}{4}$  cups flour.
- $\frac{1}{4}$  teaspoon baking soda.
- 2 teaspoons baking powder.
- $\frac{1}{2}$  teaspoon salt.
- 1 teaspoon ginger.
- 1 teaspoon cinnamon.
- $\frac{1}{4}$  teaspoon cloves.

Cream butter, blend in sugar, add eggs. Beat well. Combine molasses, corn syrup and milk and add to the above mixture alternately with the sifted dry ingredients. Turn into 2 buttered 8-inch layer pans. Bake in oven at 350 degrees F. for 35-40 minutes.

When cool, place the following over the top and between the layers:

- $2\frac{1}{2}$  cups sliced bananas.
- 1 tablespoon lemon juice.
- 3 tablespoons fruit sugar.

Cut in wedges and top with whipped cream. A custard or lemon sauce may be served with this if you should prefer it.

*Note*—Over-cooking of a cornstarch mixture will very often cause it to go thin after it has been cooled. The same would apply to a tapioca mixture. The remedy is to cook until there is no taste of raw starch, and no longer.

### Date Molasses Pudding

- $1\frac{1}{2}$  cups flour.
- $\frac{1}{4}$  teaspoon salt.
- $\frac{1}{2}$  teaspoon cinnamon.
- $\frac{1}{8}$  teaspoon cloves.
- $\frac{1}{8}$  teaspoon nutmeg.
- $\frac{1}{4}$  cup light molasses.
- $\frac{1}{2}$  cup milk.
- 3 tablespoons butter.
- $\frac{1}{2}$  lb. dates, stoned and cut.
- $\frac{1}{2}$  teaspoon baking soda.
- 1 tablespoon boiling water.

Mix flour, salt and spices; add dates. Combine milk and molasses. Add to dry ingredients. Add melted butter, then the soda dissolved in boiling water. Turn into well-buttered moulds. Steam, large mould  $1\frac{1}{2}$  hours; individual moulds, 45 minutes.

Serves 6; delicious with lemon or butterscotch sauce.

### Chocolate Bread Pudding

- $\frac{1}{4}$  cup cocoa.
- $\frac{1}{2}$  cup sugar.
- $\frac{1}{8}$  teaspoon salt.
- 2 cups scalded milk.
- 1 cup soft bread crumbs.
- 2 egg yolks or 1 whole egg.
- $\frac{1}{2}$  teaspoon vanilla.

Mix cocoa, sugar and salt. Add bread crumbs to scalded milk and let stand 5-10 minutes. Now, add the mixed dry ingredients, stir and add the beaten egg. Stir until the sugar is dissolved. Pour the mixture into a buttered baking dish. Set the baking dish in a pan of hot water. Bake in a moderate oven 375 degrees F. for 1 hour or until the mixture does not adhere to the tip of a knife inserted in the centre. Serve with hard sauce or whipped cream.

### Pineapple and Brazils in Jelly

- 2 tablespoons gelatine.
- $\frac{1}{2}$  cup cold water.
- $\frac{1}{2}$  cup boiling water.
- 1 cup sugar.
- $\frac{1}{4}$  cup lemon juice.
- 1 cup orange juice.
- $\frac{1}{8}$  teaspoon salt.
- $\frac{1}{4}$  cup sliced Brazil nuts.
- $\frac{3}{4}$  cup diced canned pineapple.

Soak gelatine in cold water. Dissolve sugar in boiling water. Bring to the boil and remove at once. Stir in the gelatine until dissolved. Cool and add the lemon juice, orange juice and salt. Chill until partially set and fold in the pineapple and Brazils. Mould as desired or serve in sherbets. Chill well and serve with custard or whipped cream.



### Strawberry Strudel

- 1 quart box strawberries.
- 3 cups cornflakes.
- 2 tablespoons butter.
- $\frac{3}{4}$  cup sugar.

Wash and hull berries. Cut large ones in half. Line a buttered baking dish with one cup of cornflakes. Cover with half of berries, sprinkle with half of sugar and dot with half of butter. Continue until all ingredients are used, having cornflakes on top. Cover dish. Bake at 375 degrees F. until berries are soft—about 25 minutes. Uncover and allow to brown slightly on top. Serve with hard sauce, lemon sauce or cream.

### Sahara Jelly

#### First Part

- 1 package strawberry jelly powder.
- 1 cup boiling water.
- 1 cup prune juice.
- 1 tablespoon lemon juice.
- $\frac{1}{2}$  cup cooked prunes.

#### Second Part

- 1 cup cooked prunes.
- 1 egg white stiffly-beaten.
- $\frac{1}{8}$  teaspoon salt.
- 1 teaspoon fruit sugar.

Dissolve jelly powder in the boiling water. Add the prune juice. Chill. When slightly thick, fold in the  $\frac{1}{2}$  cup prunes. Turn into small moulds and chill until firm.

Now beat the fruit sugar and salt in the egg white. Fold in the prunes and pile on top of the jelly mould on serving plate.

### Paradise Loaf

- $\frac{1}{2}$  lb. lady fingers.
- 1 package lemon jelly powder.
- 2 cups boiling water.
- $\frac{1}{4}$  cup sugar.
- $\frac{1}{4}$  teaspoon salt.
- $\frac{1}{2}$  cup blanched almonds, shredded.
- 12 marshmallows, chopped.
- 12 maraschino cherries, quartered.
- 1 cup ( $\frac{1}{2}$  pint) 32% cream.

Dissolve jelly powder in boiling water. Add sugar and salt. Chill. When partially set beat and add nuts, marshmallows and cherries. Fold in cream which has been whipped. Split the lady fingers in half. Dip these into the cream mixture and arrange around the sides and bottom of a deep loaf pan, slightly moistened. Pour mixture into centre. Cover with more lady fingers. Chill well. Unmould and garnish with whipped cream and cherries.

### Strawberry Muffs

- $\frac{1}{4}$  cup butter.
- $\frac{1}{3}$  cup granulated sugar.
- 1 egg.
- $\frac{1}{2}$  cup milk.
- $1\frac{2}{3}$  cups flour.
- $2\frac{1}{2}$  teaspoons baking powder.
- $\frac{1}{4}$  teaspoon salt.
- 1 cup halved berries, drained.

Cream butter and sugar well together. Add egg and beat very well. Combine dry ingredients and sift together. Add these alternately with the milk and mix together only until smooth. Sprinkle berries with an extra tablespoon of flour. Now place 1 tablespoon of batter in the bottom of 8 large buttered muffin tins. Now place in a layer of berries and cover with more batter. Bake at 400 degrees F. until brown—about 20-25 minutes. Serve hot with lemon sauce. Serves 6 to 8.

### Strawberry Bavarian Cream

- $1\frac{1}{2}$  tablespoons gelatine.
- $\frac{1}{4}$  cup cold water.
- $\frac{1}{4}$  cup sugar.
- $\frac{1}{2}$  cup water.
- $1\frac{1}{2}$  cups crushed, sweetened berries.
- $\frac{1}{8}$  teaspoon salt.
- 1 cup 32% cream, whipped.

Soak gelatine in cold water and dissolve in the sugar and water which have been brought to the boil together. Cool. Add crushed fruit. Chill well, stirring occasionally, until beginning to thicken. Now fold in the whipped cream. Turn into a moistened mould and leave in refrigerator to set. Unmould on serving plate and garnish with whipped cream and whole berries.

### Apple and Raisin Dumplings

- 3 tart apples.
- $\frac{1}{3}$  cup seedless raisins.
- $\frac{2}{3}$  cup brown sugar.
- 1 tablespoon butter.
- $\frac{1}{4}$  teaspoon nutmeg.
- 6 large circles of pastry.

Wash, pare and core apples. Cut in slices. Combine these slices with the raisins, sugar and nutmeg. Place a mound of this in the centre of the pastry circles. Dot with a piece of butter and bring the opposite edges of the pastry together. Leave a small opening for a vent for steam. Bake at 425 degrees F. for about 20 minutes. May be served plain or with lemon sauce.

### Coffee Tapioca Fluff

- $\frac{1}{3}$  cup minute tapioca.
- $\frac{1}{2}$  teaspoon salt.
- 1 cup strong coffee.
- 2 cups scalded milk.
- $\frac{1}{2}$  cup sugar.
- 1 egg yolk.
- 1 egg white.
- $1\frac{1}{2}$  tablespoons fruit sugar.
- $\frac{1}{2}$  cup shredded cocoanut.

Cook minute tapioca with salt, coffee and milk in double boiler for 15 minutes or until tapioca is clear. Add sugar and egg yolk. Cook 2 minutes. Beat fruit sugar into egg white. Beat until stiff. Fold this into the tapioca mixture. Pile into sherbet glasses and sprinkle with cocoanut. Top with whipped cream. Serve chilled well.



### Steamed Cherry Pudding

- 2 cups pastry flour.
- 3 teaspoons baking powder.
- $\frac{1}{4}$  teaspoon salt.
- 1 cup fine granulated sugar.
- 1 egg, well beaten.
- 1 tablespoon melted butter.
- 1 cup pitted red cherries.
- $\frac{1}{4}$  teaspoon almond extract.

Mix and sift dry ingredients and add milk and well-beaten egg. Combine together. Add melted butter then the cherries, dredged with 2 extra tablespoons flour. Add almond extract. Pour into buttered moulds. Cover with wax paper. Steam 45 minutes individuals,  $1\frac{1}{4}$  hours large moulds. Will serve 8.

Do be sure that the cherries are well drained. Allow them to stand in a sieve to drain before using.

### Jellied Apple Sauce With Nuts

- 1 tablespoon gelatine.
- $\frac{1}{4}$  cup cold water.
- 2 cups hot, thin, sweetened apple sauce.
- 1 tablespoon lemon juice.
- 2 tablespoons chopped nuts.

Soak the gelatine in the cold water for 5 minutes. Add the soaked gelatine to the hot applesauce. Stir until the gelatine is well dissolved. Add the lemon juice and chill the jelly mixture. When it is almost set, stir in the nuts and turn the jelly mixture into jelly moulds rinsed out in clear cold water. Put in refrigerator and when set, unmould on to plates and serve with whipped cream. Makes 6 moulds.

### St. Patrick Mould

- 1 package lime jelly powder.
- $1\frac{1}{4}$  cups water.
- $\frac{3}{4}$  cup pear juice.
- 1 tablespoon lemon juice.
- $1\frac{1}{2}$  cups diced pears.
- $\frac{3}{4}$  cup diced marshmallows.
- $\frac{1}{4}$  cup chopped nuts.

Place jelly powder in bowl. Add water and pear juice, either boiling or warm as directed on the package. Cool. Add lemon juice. Put in cool place and allow to almost set. Stir in the remaining ingredients. Chill until set. Pile in sherbet glasses and garnish with whipped cream. Sprinkle with cocoanut.

### Honey Krisp

- 4 cups rice krispies.
- $\frac{1}{2}$  cup honey.
- $\frac{1}{2}$  pint 32% cream.

Pour honey over rice krispies and mix well. Whip cream until stiff. Add to other mixture. Serve at once in sherbet glasses. Top with a section of fresh or canned fruit or maraschino cherry as a garnish. Will serve 6 large or 8 medium servings.

Note. — Have everything ready for this dessert and combine it just before serving, i.e., have the krispies in a bowl, the honey measured in a cup and the cream whipped in a bowl.

### Apple Sago Pudding

- $\frac{1}{3}$  cup sago.
- 3 cups milk.
- $\frac{1}{2}$  cup sugar.
- 1 cup diced apples.
- $\frac{1}{8}$  teaspoon salt.
- Flavoring (nutmeg, vanilla, orange or lemon rind).

Soak sago for 1 hour in milk. Add apples and sugar. Cook in top of double boiler until sago is clear — about 35 minutes. Chill. Serve garnished with whipped cream or custard sauce. Will serve 4 to 6.

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*Read* **THE EVENING TELEGRAM**

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**Eggless Christmas Pudding**

- ½ cup bread flour.
- 1 cup bread crumbs.
- ½ teaspoon soda.
- 1 cup grated carrots (raw).
- 1 cup grated potatoes (raw).
- 1 cup raisins.
- 1 cup currants.
- ½ cup brown sugar.
- ½ cup corn syrup.
- ¾ cup finely-chopped suet.
- ½ teaspoon nutmeg.
- 1 teaspoon cinnamon.
- 1 teaspoon salt.
- 2 tablespoons sour milk.

Combine all ingredients in order given. Turn into 2 well-greased moulds. Cover moulds either with cloth or heavy waxed paper. Steam for 2½ hours. Store in a cool dry place. To reheat, steam for 1 hour and serve with lemon, brandy or hard sauce.

**Steamed Graham Pudding**

- ¼ cup butter.
- ¼ cup granulated sugar.
- 1 egg.
- ¼ cup light molasses.
- ¼ cup milk.
- 2 cups graham flour.
- 2½ teaspoons baking powder
- ¼ teaspoon baking soda.
- 1 teaspoon salt.
- ½ teaspoon cinnamon.
- ¼ teaspoon cloves.
- ¼ teaspoon nutmeg.
- 1 cup seedless raisins.

Cream butter. Add sugar gradually, then the well-beaten egg. Combine molasses and milk. Add alternately with the combined dry ingredients. Add the raisins last dredged with part of the flour. Steam in individual moulds for 45 minutes or in a large mould for 1½ hours. Serve with the fluffy hard sauce or butterscotch sauce.

**Rhubarb Betty**

- 3 cups diced rhubarb.
- 1¼ cups brown sugar.
- 2½ tablespoons butter.
- 1 cup dry bread crumbs.

Arrange half of the rhubarb in a shallow baking dish. Sprinkle with half of the sugar and crumbs. Dot with butter. Arrange in remaining ingredients, having crumbs on top. Bake at 375 degrees F. for 30 minutes.

*Note*—½ cup seedless raisins may be added if desired.

**English Plum Pudding**

- 1¼ cups sugar.
- 6 eggs, well beaten.
- ½ cup molasses.
- ½ cup corn syrup.
- 1½ cups dry bread crumbs.
- 1¾ cups flour.
- 1 teaspoon nutmeg.
- 1½ teaspoons salt.
- 1 lb. seeded raisins.
- ½ lb. currants.
- ¼ lb. glazed cherries, quartered.
- ¼ lb. candied orange peel.
- ¾ lb. shredded suet.
- (Add nuts if desired).

Combine sugar and eggs, beat well and add the molasses and corn syrup. Add the dry bread crumbs and other dry ingredients. Now mix in the chopped fruit and suet. Scald a 30-inch square of heavy factory cotton. Spread out and dredge in a heavy coating of flour. Turn pudding mixture into the centre of the well-floured cotton. Tie firmly, leaving room for expansion inside the cloth.

Have large pot half filled with rapidly boiling water. Place a wire meat rack or pie tin (turned upside down) in bottom of pot. Plunge pudding into this water, adding more boiling water to cover. Cover and boil for 4½ to 5 hours, keeping the pudding well under water. Dry and reheat as directed above.

**Peach Frangeane**

- 1½ cups canned sliced peaches.
- ⅓ cup sugar.
- 3 tablespoons cornstarch.
- ¼ teaspoon salt.
- ½ cup cold milk.
- 2 egg yolks.
- 1½ cups scalded milk.
- 1 cup cake crumbs.
- ½ teaspoon lemon extract.

Place peaches in serving dish. Combine sugar, cornstarch, salt, cold milk and egg yolks. Add to scalded milk. Cook over hot water for about 20 minutes until thick, stirring constantly. Remove from fire, add cake crumbs and flavoring. Cool slightly and pour over fruit. Chill and serve either with or without whipped cream.



With the different and delicious flavor—

**EDWARDSBURG  
CROWN BRAND  
CORN SYRUP**



# Ice Creams

## Spiced Chocolate Ice Cream

- 1 package chocolate ice cream powder.
- 1 teaspoon ground cinnamon.
- 1 pint milk.
- 1 pint 32% cream.
- 1 cup seedless raisins.

Dissolve ice cream powder and cinnamon in milk—adding gradually. Fold in whipped cream and raisins. Mix well. Turn into trays of electric or gas refrigerator to freeze. Freeze for 6 hours, stirring well several times during the first hour. Serves 8 to 10.

## Old-Fashioned Vanilla Ice Cream

- 2 cups scalded milk.
- 1 tablespoon flour.
- 1 cup sugar.
- 1 egg.
- $\frac{1}{8}$  teaspoon salt.
- 1 quart thin cream (16 per cent).
- $1\frac{1}{2}$  tablespoons vanilla.

Mix flour, sugar and salt. Add slightly beaten egg. Add milk to this mixture. Return to double boiler and cook until thickened slightly, about 10 minutes. Cool and add cream and flavoring. Strain into freezer can. Do not fill more than  $\frac{2}{3}$  full to allow for expansion. Fix dasher and cover in place and assemble the freezer, making sure everything is adjusted before adding the ice. Fill part around can with crushed ice, then rock salt in proportions of four measures ice to one salt.

Turn the dasher slowly at first until the mixture begins to freeze, then more rapidly to whip in the air. When firm, remove dasher, scrape down the cream from the sides and cover. Plug in the hole in cover with cork or paper. Pour off extra brine in the pail and fill again with ice in the proportions of 5 measures of ice to 1 of salt. Cover with newspaper so ice does not melt too rapidly.

## Burnt Almond Ice Cream

- 2 cups scalded milk.
- 3 tablespoons minute tapioca.
- $\frac{1}{2}$  cup brown sugar.
- 2 tablespoons caramel syrup.
- 1 tablespoon corn syrup.
- $\frac{1}{4}$  teaspoon salt.
- 2 teaspoons vanilla.
- 2 tablespoons fruit sugar.
- 1 cup 32% cream.
- 2 egg whites.
- $\frac{1}{2}$  cup almonds, blanched, browned and chopped.

Combine tapioca and milk and cook in double boiler for 15 minutes until tapioca is clear. Stir often. Measure sugar, syrups and salt into bowl and strain hot mixture through a fine sieve on to the above ingredients. Cool. Add vanilla. Beat the fruit sugar into the egg whites. Fold into the chilled mixture. Now fold in the cream, whipped until it mounds, but is not stiff. Add finely chopped almonds. Turn into freezing trays of refrigerator and freeze 3 to 4 hours. Or turn mixture into tightly covered metal container and pack into equal parts of ice and salt for 2 to 3 hours.

## Pineapple Mock Sherbet

- 1 cup crushed pineapple, well drained.
- $1\frac{1}{4}$  cups fruit sugar.
- $\frac{1}{8}$  teaspoon salt.
- 3 cups buttermilk.

Combine all ingredients. Pour into tray of refrigerator. Freeze 3-4 hours, stirring once or twice after the first hour.

## Peanut Brittle Ice Cream

- 1 package vanilla ice cream powder.
- 1 pint milk.
- 1 pint 32% cream.
- $\frac{1}{4}$  lb. peanut brittle.

Dissolve ice cream powder in milk—adding gradually. Fold in whipped cream then add the peanut brittle, well crushed. Mix well and turn into trays of electric or gas refrigerator to freeze. Freeze for 6 hours, stirring well several times during the first hour. Serves 8 to 10.



For the BEST sundae—Ice Cream and

**EDWARDSBURG  
CROWN BRAND  
CORN SYRUP**

# Dessert Sauces

## Butterscotch Sauce

- 1½ cups brown sugar.
- 1 cup light corn syrup.
- ½ cup water.
- ⅛ teaspoon salt.
- ⅓ cup butter.
- 1 cup 16% cream.
- 1 teaspoon vanilla.

Place sugar, syrup, salt and water in saucepan. Stir over low heat until sugar is dissolved. Boil until it just forms a soft ball in cold water or to 238 degrees F. Remove from heat. Beat in the cream and vanilla.

## Cherry Hard Sauce

- ⅓ cup butter.
- 1 cup icing sugar.
- 2 teaspoons hot cherry juice.
- ½ teaspoon lemon juice.
- ⅛ teaspoon almond flavoring.

Cream butter. Add sugar and cream well. Beat in the cherry juice, lemon and almond flavoring. Beat very well. Serve with steamed cherry pudding.

## Coffee Dessert Sauce

- 1½ cups brown sugar.
- ½ cup light corn syrup.
- ½ cup strong coffee.
- ¾ cup 16% cream.
- ¼ teaspoon salt.
- ¼ teaspoon vanilla.

Combine sugar, syrup and coffee. Boil to 238 degrees F. or until it forms a soft ball in cold water. Remove from heat and add cream, salt and vanilla. Serve over ice cream or any dessert.

## Golden Carrot Sauce (For Puddings)

- 1 cup sugar.
- 3 tablespoons flour.
- ¼ teaspoon salt.
- 1½ cups boiling water.
- 3 tablespoons finely grated carrot.
- 2 tablespoons orange juice.
- 2 tablespoons lemon juice.
- 4 tablespoons butter.

Mix the sugar, flour and salt. Add the water and cook until thick and clear, stirring constantly. Set over hot water, add remaining ingredients and cook gently over hot water until ready to serve. Serve over any steamed pudding.

## Chocolate Sauce

- 1 square chocolate.
- 1 tablespoon cornstarch.
- ½ cup granulated sugar.
- 1½ cups water.
- ½ teaspoon salt.
- 1 teaspoon vanilla.

Melt chocolate, add cornstarch and sugar, which have been thoroughly mixed. Add water, heat to boiling and boil 5 minutes. Remove from heat, add salt and vanilla. Chill and use as needed, keeping it cold in the refrigerator.

## Grape Sauce

- ¾ cup grape juice.
- ½ cup sugar.
- 2 teaspoons cornstarch.
- Few grains salt.
- 1 teaspoon lemon juice.

Mix sugar, cornstarch and salt. Add to grape juice. Stir and cook until thick and clear. Add lemon juice. Serve with vanilla soufflé.

## Hurry-Up Lemon Sauce

- ⅔ cup sweetened condensed milk.
- ¼ cup lemon juice.
- 1 teaspoon grated lemon rind.

Combine ingredients and stir until smooth and thick. DO NOT COOK, it is not necessary.

Note—To pile on a dessert leave this as it is, but to pour over dessert thin it out with water to desired consistency.

## Chocolate Mint Sauce

- 2 cups fine granulated sugar.
- ¾ cup cocoa.
- ⅛ teaspoon salt.
- 1½ cups evaporated milk.
- 1 teaspoon mint extract.

Combine ingredients in top of double boiler. Cook and stir until thick over hot water. Remove from heat. Add peppermint. Serve either hot or cold as desired.

For tempting desserts, sauces and gravies—

**BENSON'S  
CORN STARCH**



"JUNKET" Rennet Tablets make plain custards to serve with "Toppings."

# Fruits

## Peach and Grapefruit Ambrosia

- 2 cups diced peaches.
- 1 cup diced grapefruit sections.
- $\frac{1}{2}$  cup shredded cocoanut.
- $1\frac{1}{2}$  tablespoons fruit sugar.

Combine all ingredients in a large bowl. Cover and place in refrigerator to chill thoroughly. Serve with or without whipped cream. Serves 6. Oranges may be substituted for the grapefruit if desired.

## Baked Peach Halves

- 6 large peaches.
- 6 tablespoons brown sugar.
- 2 tablespoons butter.
- $\frac{1}{2}$  cup hot water.

Peel peaches, cut in half and remove pits. Place  $\frac{1}{2}$  tablespoon of sugar and a dot of butter in each half. Place in shallow baking dish. Add the water. Bake in oven at 375 degrees F. for 20 minutes or until tender. Serve with cream.

## Apple Cinnamon Compote

- 4 large apples.
- 1 cup sugar.
- $\frac{3}{4}$  cup water.
- $\frac{1}{2}$  cup broken cinnamon candy.
- 1 tablespoon lemon juice.
- Pink vegetable coloring.

Peel apples. Cut in quarters and remove cores. Prepare a syrup of sugar, water and cinnamon candy. Add coloring if syrup is not desired shade of pink. Add apples and cook gently. Lift apples into sherbet glasses. Add lemon juice to syrup and pour over apples.

## Baked Dried Figs

Use pulled figs, mission figs or bulk stewing figs. Allow about 4, according to size, for each serving. Wash thoroughly; place in casserole with a few thin slices of lemon. Cover with hot water, then cover dish, adding no sugar at all. Place in slow oven at 300 degrees F. for  $1\frac{1}{2}$ -2 hours, or until the figs are plump. Serve cold with cream—or these may also be served with orange juice.

## Scalloped Rhubarb

- 2 cups soft bread crumbs.
- 2 tablespoons butter.
- 3 cups diced rhubarb.
- $\frac{1}{2}$  cup seedless raisins.
- $\frac{2}{3}$  cup granulated sugar.
- 2 tablespoons water.

Mix the crumbs and melted butter, and place  $\frac{1}{3}$  in the bottom of a casserole. Cover with  $\frac{1}{2}$  of the rhubarb, sugar, water and raisins. Sprinkle with more crumbs, then the remaining fruit, etc. Top with remaining crumbs. Cover. Bake in a moderate oven 375 degrees F. for 30 minutes. Uncover and bake until rhubarb is tender and crumbs are browned. Delicious served either with cream or hard sauce. Serves 4-6.

## Stewed Dried Apricots

Allow about 6 for each serving. Place in a saucepan and cover with warm water. Leave to stand 10 minutes, then rinse and wash off well. Cover with fresh water and leave to soak at room temperature for 6-10 hours or over night. Cook slowly in water in which they were soaked until the fruit is plump and tender—about 20 minutes. Add sugar and cool. About  $\frac{3}{4}$  cup of sugar is ample for 1 pound of apricots—use less if you do not enjoy sweet things.

## Stewed Prunes

Allow 4 or 5 prunes for each serving. Wash well and cover with water. Soak over night at room temperature for 10-12 hours. Now, cook slowly—below boiling point—for 20-30 minutes or until the fruit is plump and tender. Add sugar if desired after cooking or sometimes honey is added to the hot prunes.

For breakfast serve the cold prunes with orange juice poured over the top as a pleasant change.

## Canned Pears With Orange

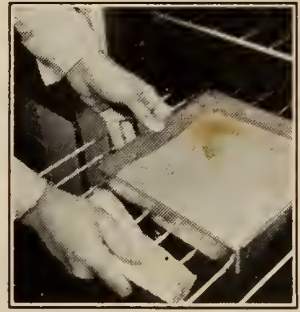
- 1 pint canned pears.
- 1 tablespoon grated orange rind.

Place drained pears in sherbet glasses. Heat juice to boiling. Add orange rind. Boil for 3 minutes. Pour over pears. Cool. Top with whipped cream.





# Cakes



## Marble Cake

- 1/3 cup butter.
- 1 cup fine granulated sugar.
- 2 eggs.
- 2 cups flour.
- 3 teaspoons baking powder.
- 1/2 teaspoon salt.
- 1/2 cup milk.
- 1 teaspoon vanilla.

Cream butter, add sugar very gradually. Now add well-beaten eggs and flavoring. Mix and sift dry ingredients, add alternately with the milk. Beat only until smooth. Divide batter. To one-half add:

- 2 tablespoons light molasses.
- 1 teaspoon cinnamon.
- 1/4 teaspoon cloves.
- 1/4 teaspoon nutmeg.
- 2 tablespoons cocoa.

Place alternate spoonfuls of light and dark batter in a buttered 8 x 8-inch pan. Bake in a moderate oven at 350 degrees F. for 45 minutes. Cool and ice with any desired frosting.



## Chocolate Peppermint Layer Cake

- 1/2 cup butter.
- 2 cups brown sugar.
- 2 eggs, lightly beaten.
- 2 1/4 cups flour.
- 1 teaspoon baking powder.
- 1 teaspoon baking soda.
- 1/4 teaspoon salt.
- 1 teaspoon vanilla.
- 1/2 cup sour milk.
- 1/2 cup boiling water.
- 2 squares unsweetened chocolate.

Cream butter and sugar together until light and fluffy. Add well-beaten eggs and beat well. Mix and sift dry ingredients and add alternately with the milk. Add vanilla. Combine boiling water and melted chocolate and add to the cake. Mix until well blended. Bake in 2 buttered layer cake pans (8-inch diameter) at 375 degrees F. for 30 minutes. Fill and ice with marshmallow mint frosting.

1. Butter cakes fall because of:
  - (a) Too much shortening.
  - (b) Insufficient leavening, such as baking powder or soda.
  - (c) Too much sugar.
  - (d) Too hot an oven—cake cooks too fast on outside, leaving inside raw—collapses when it comes from oven.

2. Butter cakes are tough because of:
  - (a) Insufficient shortening.
  - (b) Overbeaten batter.
  - (c) Too hot an oven.

3. Butter cakes are coarse in texture because of:
  - (a) Too much or an inferior grade of leavening agent.
  - (b) Insufficient creaming of shortening and sugar.
  - (c) A melted shortening which makes a coarser product.

4. Butter cake is heavy because:
  - (a) Batter is not beaten enough.
  - (b) Too much shortening used.
  - (c) Too much liquid—cake too thin.
  - (d) Oven too hot or too slow.

5. Butter cake is undersized because:
  - (a) Insufficient shortening.
  - (b) Too hot an oven cooks the cake before it has a chance to rise.
  - (c) Too slow an oven.
  - (d) Too large a pan for the amount of batter.

6. Butter cakes sometimes have a heavy streak because:

- (a) Removed from oven too soon.
- (b) Flour stored in a damp place.
- (c) Cake batter is allowed to stand in a warm place before it is baked.

The original Corn Starch in the familiar yellow package—

**BENSON'S  
CORN STARCH**



"JUNKET" Rennet Powder is used with warm milk.

## Pineapple Cake

- $\frac{1}{3}$  cup butter.
- $\frac{3}{4}$  cup fine granulated sugar.
- 1 egg white.
- 1 whole egg.
- $1\frac{1}{4}$  cups flour.
- $\frac{1}{8}$  teaspoon salt.
- $1\frac{1}{2}$  teaspoons baking powder.
- $\frac{1}{3}$  cup pineapple juice.

Cream butter, add sugar very gradually and cream very thoroughly. Combine egg white and whole egg and beat until fluffy. Add to creamed mixture. Mix and sift dry ingredients several times and add alternately with the pineapple juice. Bake in buttered loaf pan 7 x 4 inches at 350 degrees F. for 40 minutes. Cool on a cake rack. Ice with pineapple frosting.

## Mother's Date Cake

- $\frac{1}{2}$  cup butter.
- $1\frac{1}{2}$  cups brown sugar.
- 2 eggs.
- 2 cups flour.
- 2 teaspoons baking powder.
- $\frac{1}{4}$  teaspoon salt.
- 1 teaspoon cinnamon.
- $\frac{1}{4}$  teaspoon cloves.
- $\frac{1}{4}$  teaspoon allspice.
- $\frac{1}{4}$  teaspoon baking soda.
- $\frac{1}{2}$  cup sour milk.
- $1\frac{1}{4}$  cups chopped dates.

Cream butter, add sugar and cream thoroughly. Add well-beaten eggs. Beat well. Mix and sift dry ingredients. Sprinkle some of the dry ingredients on the dates. Add the dry ingredients alternately with the milk. Add the fruit and mix well. Pour into a buttered pan and bake at 350 degrees F. for 55 minutes. Use pan 8 x 8 inches.

## White Butter Cake

- $\frac{1}{3}$  cup butter.
- 1 cup fine granulated sugar.
- 2 eggs.
- 1 teaspoon flavoring.
- $\frac{1}{4}$  teaspoon salt.
- $2\frac{1}{2}$  teaspoons baking powder.
- $1\frac{3}{4}$  cups pastry flour.
- $\frac{1}{2}$  cup milk.

Cream butter, add sugar gradually and cream well. Add well-beaten eggs and flavoring. Beat well. Add alternately the milk and dry ingredients sifted together. Bake in buttered 8 x 8 pan in a moderate oven 350 degrees F. for 40-45 minutes or in 2 layers at 375 degrees F. for 25 minutes.

Note—Sift flour always once before measuring!

## Vienna Torte

### The Cake

- 3 egg yolks.
- $\frac{3}{4}$  cup finest granulated sugar.
- $\frac{1}{4}$  cup warm water.
- 3 egg whites.
- $\frac{1}{8}$  teaspoon salt.
- $\frac{3}{4}$  cup pastry flour.
- 1 teaspoon baking powder.

Beat egg yolks thoroughly, add sugar gradually and beat for 15-20 minutes with a Dover beater or in an electric beater about 7 minutes. Add warm water and beat in well. Combine salt and egg whites and beat until stiff. Cut and fold the egg white into the egg yolk mixture and when half mixed add the flour and baking powder, sifted together 4 times. Turn into 3 ungreased layer cake pans (7 inches in diameter). Bake at 325 degrees F. for 25 minutes. Invert on cake racks to cool. Remove from pans. Put layers together and frost with:

### The Filling and Frosting

- 3 tablespoons granulated sugar.
- 2 tablespoons flour.
- $\frac{1}{8}$  teaspoon salt.
- $\frac{1}{2}$  teaspoon vanilla.
- 1 cup hot milk.

Combine sugar, flour and salt. Add hot milk. Cook until thick. Add vanilla. Cool this custard mixture.

Cream together:

- $\frac{1}{2}$  cup butter.
- $\frac{1}{2}$  cup icing sugar.

Beat custard mixture gradually into the creamed mixture. Spread this mixture between the layers and over the top and sides of the cake. Sprinkle all over top and sides with:

### The Top

- $\frac{1}{4}$  lb. blanched almonds.
- $\frac{1}{4}$  cup granulated sugar.

Chop almonds very, very finely, add sugar and place in frying pan. Heat slowly, allowing the sugar to melt and caramelize gradually. This will take 15-20 minutes and, with the constant stirring, will form into a lump. Turn this on to a greased plate to cool. Now roll into a fine powder with the rolling pin. Sprinkle all over the cake.

For those of you who enjoy rum flavor in foods you will appreciate a tablespoon of rum in place of the vanilla in the frosting.

Although this looks like considerable work—the results more than justify the labor.

### Tomato Soup Cake

- 1 can tomato soup.
- 1 teaspoon baking soda.
- $\frac{1}{3}$  cup butter.
- 1 cup fine granulated sugar.
- 1 egg.
- $\frac{1}{2}$  cup seedless raisins.
- $\frac{1}{2}$  cup chopped dates.
- 1 cup chopped nuts.
- $1\frac{1}{2}$  teaspoons baking powder.
- 2 cups flour.
- 1 teaspoon grated nutmeg.
- 1 teaspoon ground cinnamon.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{2}$  teaspoon vanilla.

Dissolve baking soda in tomato soup. Cream butter and sugar very well together. Add well-beaten egg and beat mixture thoroughly. Add soup and beat well. Prepare and combine fruit. Sift and mix dry ingredients and sprinkle over the combined fruit. Add to the other mixture and blend well. Add vanilla. Bake in buttered 8 x 8 inch pan at 350 degrees F. for 40-45 minutes.

### Lemon Sponge Roll

- $\frac{3}{4}$  cup cake flour.
- $1\frac{1}{4}$  teaspoons baking powder.
- $\frac{1}{4}$  teaspoon salt.
- 4 eggs.
- $\frac{3}{4}$  cup fruit sugar.
- 1 teaspoon vanilla.

Sift flour.

Combine baking powder, salt and eggs in a large bowl. Place over another bowl of hot water and beat well with Dover egg beater. Add the sugar gradually, beating well after each addition until the mixture becomes very light and thick. Remove bowl from water. Fold in flour and vanilla. Turn into a pan (15 x 10), lined with greased paper. Bake at 400 degrees F. for 13 minutes. Meanwhile, spread a damp cloth on table and sprinkle heavily with fruit sugar. Remove paper from cake and trim off crusts. Spread with thick lemon filling (or jelly) and roll as quickly as possible. Wrap in cloth and leave until cool.

### Chocolate Lemon Roll

Cut the cake into 6 equal rectangular pieces. Spread with lemon filling. Roll up tightly, then ice each roll with lemon filling and dip in shavings of sweet chocolate. These are most attractive for individual service or each roll can be cut in half for tea service.

### Lazy Daisy Cake

- $1\frac{1}{2}$  cups pastry flour.
- $2\frac{1}{2}$  teaspoons baking powder.
- $\frac{1}{4}$  cup fine granulated sugar.
- $\frac{1}{4}$  teaspoon salt.
- 1 egg, well beaten.
- Milk to make two-thirds cup.
- $3\frac{1}{2}$  tablespoons butter, melted.
- $\frac{1}{4}$  teaspoon vanilla.

Measure dry ingredients (flour, baking powder, salt and sugar) into sifter. Sift together several times, then into mixing bowl. Beat egg and pour into measuring cup. Add enough milk to bring up to  $\frac{2}{3}$  cup. Add this liquid to the sifted dry ingredients. Mix together quickly and thoroughly. Add cooled melted butter and vanilla. Turn into well-buttered cake pan 8 x 4 inches. Bake at 350 degrees F. for 35 minutes. Turn out on to a cake rack. Cool before icing.

### Maple Cake

- $\frac{1}{2}$  cup butter.
- $\frac{1}{2}$  cup brown sugar.
- $\frac{1}{2}$  cup maple syrup.
- 2 eggs, well beaten.
- 2 cups flour.
- $2\frac{1}{2}$  teaspoons baking powder.
- $\frac{1}{4}$  teaspoon baking soda.
- $\frac{1}{4}$  teaspoon salt.
- $\frac{1}{2}$  cup milk.

Cream butter well, add brown sugar and mix well. Beat in the maple syrup, then the well-beaten eggs. Mix and sift all the dry ingredients, and add alternately with the milk. Beat slightly until smooth. Turn into a buttered angel food pan or 8 x 8-inch pan. Bake at 350 degrees F. for 40 to 45 minutes. Turn on to a cake rack to cool.

### Apricot Roll

Spread jelly roll with thick stewed apricots. Roll as usual. Cut in slices and place on dessert plate. Top with mound of whipped cream. Sprinkle with toasted cocoanut.

### Whipped Cream Roll

Roll up the sponge roll without any filling. When cool, unroll and fill with 1 cup whipped cream, to which 1 teaspoon dissolved gelatine has been added. Soak the gelatine in 1 tablespoon cold water, then dissolve over hot water.



### Angel Food Cake

- 1 cup cake flour.
- 1 cup egg whites (8 to 10 whites).
- $\frac{1}{4}$  teaspoon salt.
- 1 teaspoon cream of tartar.
- $1\frac{1}{4}$  cups sifted fruit sugar.
- $\frac{3}{4}$  teaspoon vanilla.
- $\frac{1}{4}$  teaspoon almond extract.

Sift flour on to wax paper several times. Beat egg whites and salt with a flat whisk beater on a large platter. When foamy add cream of tartar and beat until stiff enough to hold in peaks, but not dry. Fold in sugar, using a spatula or the flat beater, 2 tablespoons at a time until all is used. Add flavorings, folding them in. Now sift a small quantity of the flour over the mixture. Fold in carefully and continue until all is used. Pour batter into an ungreased angel food pan. Bake in a slow oven 275 degrees F. for 30 minutes. Increase heat to 325 degrees F. for another 30 minutes. Total time 60 minutes. Remove from oven and invert pan for 1 hour or until cake is cold. Do not remove cake from pan until cold.



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### Raisin and Orange Cake

- $\frac{1}{2}$  cup butter.
- 1 cup fine granulated sugar.
- 2 eggs.
- 1 teaspoon vanilla.
- $\frac{1}{4}$  teaspoon salt.
- 2 cups flour.
- 1 teaspoon baking soda.
- $\frac{3}{4}$  cup warm water.
- 1 cup raisins, minced.
- $\frac{1}{2}$  cup walnuts, minced.
- 1 orange, minced.

Cream butter, add sugar gradually and cream well. Add well-beaten eggs and vanilla. Beat very well. Dissolve soda in warm water. Add alternately with flour and salt. Lastly, add raisins, nuts and orange, lightly dredged with some flour. Bake in a loaf pan 8 x 8 inches at 350 degrees F. for 50 minutes.

### Applesauce Cake

- $\frac{1}{2}$  cup butter.
- 1 cup fine granulated sugar.
- 1 egg.
- 2 cups flour.
- $\frac{1}{4}$  teaspoon salt.
- 1 teaspoon baking soda.
- 1 teaspoon cinnamon.
- $\frac{1}{2}$  teaspoon cloves.
- 1 cup raisins.
- $\frac{3}{4}$  cup chopped nuts.
- 1 cup warm applesauce (unsweetened).

Cream butter, add sugar gradually and beat well. Add egg and beat this mixture very thoroughly. Mix and sift the dry ingredients—adding  $\frac{1}{4}$  cup of the flour to the raisins and nuts. Add dry ingredients alternately with the applesauce. Now, add the dredged raisins and nuts. Combine well and pour into a buttered cake pan about 8 x 8 inches. Bake at 350 degrees F. for about 65 minutes. This may be baked in a tube pan and is quite attractive.

### Five Minute Swiss Roll

- 2 eggs, well beaten.
- 2 tablespoons sugar.
- 2 tablespoons flour.
- 2 teaspoons baking powder.
- $\frac{1}{8}$  teaspoon vanilla.
- Jelly.

Beat eggs well. Add the sifted dry ingredients and mix well. Turn into a pan (7 x 7), lined with greased paper. Bake at 375 degrees F. for 5-7 minutes. Turn on to a damp towel sprinkled with fruit sugar. Trim off crusts, spread with jelly and roll quickly.

### Eggless Fruit Cake

- ½ cup shortening.
- 1 cup brown sugar.
- 2 teaspoons soda.
- 1½ cups buttermilk.
- 4 cups bread flour.
- 1 lb. raisins.
- 1 lb. citron.
- 1 cup figs.
- 1 cup dates.
- 1 cup jam (any kind).
- 2 teaspoons cinnamon.
- 1 teaspoon allspice.
- 1 teaspoon nutmeg.
- 1 teaspoon salt.
- 1 cup pecan nuts.
- ½ cup walnuts.
- ½ cup almonds.
- ½ cup corn syrup.

Cream shortening (use butter if you can) and sugar. Add buttermilk in which the soda has been dissolved. Add 2 cups of the flour, sifted with the spice, and sift the other 2 cups over the prepared fruit and nuts. Now combine all ingredients and mix thoroughly. Line the large and medium of your Christmas cake pans with heavy greased paper (or use 2 loaf pans 8 x 5 inches). Bake at 275 degrees F. for 3½ hours for the large cake—slightly less for the medium cake. Cool and leave in the heavy paper. Wrap in wax paper and set aside to “age” for a while.

Note—You may use pastry flour but use ½ cup more—that is 4½ cups pastry flour.

### Dundee Cake

- ¾ cup butter.
- 1¼ cups sugar.
- 4 eggs.
- ⅓ cup corn syrup.
- 1½ cups seedless raisins.
- ½ cup citron peel, chopped.
- ⅓ cup orange peel, chopped.
- ⅓ cup lemon peel, chopped.
- ½ cup chopped candied cherries.
- 2 tablespoons orange juice.
- 4 tablespoons grated orange rind.
- 3½ cups flour.
- 1 teaspoon baking powder.
- ½ teaspoon salt.

Cream butter and sugar well together. Add unbeaten eggs one at a time, beating well after each addition. Add syrup. Have fruit prepared and dredge with some of the flour. Mix and sift remaining flour, baking powder and salt. Add with the orange juice and rind to the mixture. Add fruits. Bake at 300 degrees F. for about 2 hours in a pan 8 x 8 x 4 inches lined with heavy greased paper. Store for about 1 week before using.

### Light Raisin Cake

- ⅓ cup butter.
- 1 cup fine granulated sugar.
- 2 eggs.
- 1 teaspoon grated lemon rind.
- 1 teaspoon lemon juice.
- 2 cups flour.
- 2½ teaspoons baking powder.
- ¼ teaspoon salt.
- ½ cup milk.
- 1 cup seedless raisins.

Cream butter, add sugar gradually, and cream well together. Add the well-beaten eggs, then the grated lemon rind and juice. Beat very well. Add the sifted dry ingredients alternately with the milk. Add the raisins well dredged with some of the flour. Beat for 1 minute. Turn into well-buttered 8 x 8 inches pan. Bake at 350 degrees F. for 40 minutes.

### Pineapple Fruit Cake

- 1½ cups butter.
- 1¾ cups fruit sugar.
- 6 eggs.
- ½ cup pineapple jam.
- 3 tablespoons corn syrup.
- 1½ cups light sultana raisins.
- 1 cup halved green candied cherries.
- ½ cup shredded red candied pineapple.
- ⅓ cup chopped citron peel.
- 1 cup shredded blanched almonds.
- 4½ cups flour.
- ½ teaspoon salt.
- 1 teaspoon baking powder.
- 2 teaspoons lemon juice.

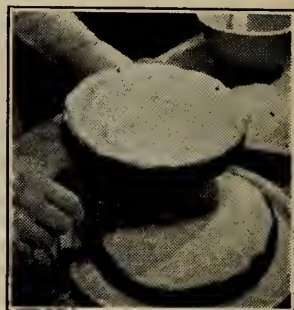
Cream butter well and add the sugar. When this is thoroughly creamed beat in the unbeaten eggs, one at a time. Beat very well. Add the syrup and jam. Have the fruit and nuts prepared and dredge with part of the flour. Sift remaining flour, baking powder and salt and add to the butter, sugar and egg mixture. Now, add the nuts, fruit and lemon juice. Bake in a pan 8 x 8 x 4 inches, lined with heavy greased paper. Bake at 300 degrees F. for 2 hours, approximately. (If baked in smaller pans there is a slight difference in time).



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# Cake Frostings and Fillings



## Seven-Minute Frosting

- 2 egg whites.
- 1 cup brown sugar.
- $\frac{1}{8}$  teaspoon salt.
- 1 tablespoon corn syrup.
- 2 tablespoons water.
- 1 teaspoon vanilla.

Put egg whites, sugar, syrup, salt and water in top of double boiler. Beat with Dover beater until well mixed. Place over rapidly boiling water and beat constantly for 7 minutes or until frosting stands in peaks. Remove from fire, add vanilla, and continue to beat until stiff. Spread on cake, mounding it nicely. Sprinkle, if desired, with nuts or coconut.

*Note*—If

(1) the boiled icing shows signs of hardening before being placed on the cake, beat in a few drops of hot water or lemon juice.

(2) the mixture refuses to thicken, turn it into the top of the double boiler and beat over slow heat until it becomes granular around the sides of the dish. Remove from heat and continue to beat until stiff.

## Marshmallow Mint Frosting

- 1 cup fine granulated sugar.
- 2 tablespoons light corn syrup.
- $\frac{1}{2}$  cup hot water.
- 8 marshmallows.
- 2 egg whites.
- $\frac{1}{8}$  teaspoon salt.
- $\frac{1}{4}$  teaspoon peppermint flavoring.

Combine sugar, syrup and water Stir and bring to boil. Boil to 248 degrees F., or until it spins a thread, or forms a hard ball in cold water. Remove from heat. Add cut marshmallows. Beat egg whites until stiff, gradually add the syrup, beating constantly. Add the peppermint. Beat until stiff. Place between layers and then over top of cake. Sprinkle with chocolate shot.

## Fresh Strawberry Icing

- 1 egg white.
- $1\frac{1}{2}$  cups icing sugar.
- $\frac{1}{2}$  cup slightly crushed berries.
- $\frac{1}{8}$  teaspoon salt.

Place egg white in bowl. Add  $\frac{1}{2}$  of sugar, gradually beating it in with a Dover or electric beater. Add berries, draining off the surplus juice. Beat well again, adding the remaining sugar. Pink coloring may be added if the berries are not a bright red. More icing sugar may be needed.

## Caramel Frosting

- 1 cup brown sugar.
- $\frac{1}{4}$  cup white sugar.
- 1 tablespoon corn syrup.
- $\frac{2}{3}$  cup milk.
- 1 tablespoon butter.
- $\frac{1}{4}$  teaspoon vanilla.

Pack brown sugar firmly into cup. Combine with white sugar, milk and syrup. Stir over slow heat until sugar is dissolved. Increase heat and allow mixture to boil until syrup forms a soft ball in cold water—or about 240 degrees F. Add butter and vanilla. Cool to lukewarm. Beat until thick and creamy and of right consistency to spread. Spread on cake. Decorate with nuts either whole or chopped.

## Pineapple Fluffy Frosting

- $\frac{3}{4}$  cup sugar.
- $\frac{1}{4}$  cup cold water.
- $\frac{1}{2}$  tablespoon light corn syrup.
- 1 egg white.
- $\frac{1}{2}$  cup pineapple cubes, drained.

Combine sugar, water and syrup in a saucepan. Stir over low heat until the sugar is dissolved. Boil rapidly until the syrup forms a firm ball in cold water or 245 degrees F. Remove from the heat. Meanwhile, beat the egg white until it is stiff. Continue to beat while adding the hot syrup gradually. Beat until stiff. Fold in the drained pineapple. Pile on cake.



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### **Divinity Frosting**

- 1½ cups brown sugar.
- ⅛ teaspoon cream of tartar.
- ½ cup hot water.
- 2 egg whites.
- ¼ teaspoon vanilla.

Combine sugar, cream of tartar and hot water. Stir until sugar is dissolved. Bring to boil and cook until it spins a thread or 248 degrees F. Beat egg whites until stiff. Add the sugar syrup gradually, beating it in well. Add vanilla. Swirl on to the cake. Nuts may be added if desired.

### **Orange Filling**

- 2 tablespoons butter.
- ⅔ cup sugar.
- 4½ tablespoons cornstarch.
- 2 egg yolks.
- 1¼ cups water.
- ¾ cup orange juice.
- 1½ teaspoons grated orange rind.
- 2 tablespoons lemon juice.

Melt the butter in the top of a double boiler. Blend in the sugar and cornstarch. Place over hot water and add the remaining ingredients except egg

yolks. Stir and cook for about five minutes until thick and clear. Add some of the hot mixture to the slightly beaten yolks. Return to double boiler and cook for about 3 minutes longer. Spread on and between cake while still warm. Sprinkle with freshly grated coconut. This quantity will fill and ice a two-layer cake.

### **Chocolate Burnt Almond Icing**

- 3 tablespoons butter.
- 2 tablespoons cocoa.
- 1½ cups icing sugar.
- 2 tablespoons milk.
- ½ teaspoon vanilla.
- ⅓ cup chopped browned almonds.

Melt butter, add cocoa and cook for 1 or 2 minutes. Add sugar, vanilla and milk and beat until smooth. Add nuts, warm from the oven. Cool slightly and spread on the cake.

To prepare almonds for the icing: Chop unblanched almonds into a pie plate and dot with 1 tablespoon of butter. Place in a fairly hot oven (400 degrees F.) or under broiler and heat until browned. Add to icing.

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# Small Cakes



## Orange Butter Cookies

- 1 cup butter.
- $\frac{1}{2}$  cup granulated sugar.
- 2 teaspoons grated orange rind.
- 1 egg, well beaten.
- 3 cups flour.
- $2\frac{1}{2}$  teaspoons baking powder.
- $\frac{1}{8}$  teaspoon salt.
- 3 tablespoons milk.
- $1\frac{1}{2}$  tablespoons orange juice.

Cream butter, add sugar gradually, and cream well together. Add orange rind and egg and beat thoroughly. Now, add sifted dry ingredients and milk alternately. Form into a roll. Chill well. Slice. Bake at 375 degrees F. for 8-10 minutes or until firm to touch. Makes about 6 dozen cookies.

## Brown Sugar Cookies

- $\frac{2}{3}$  cup melted butter.
- 2 cups brown sugar.
- 2 eggs, well beaten.
- $\frac{1}{2}$  teaspoon vanilla.
- $3\frac{1}{2}$  cups flour.
- $\frac{1}{8}$  teaspoon salt.
- $\frac{1}{2}$  teaspoon cream of tartar.
- $\frac{1}{2}$  teaspoon baking soda.
- 1 cup chopped nuts.

Combine butter and sugar. Add eggs and vanilla and beat well. Add sifted dry ingredients and mix well together. Form into moulds as desired. Place in refrigerator and chill over night. Slice in morning and bake at 375 degrees F. for 8-10 minutes.

## Caramel Peanut Macaroons

- 1 egg white.
- $\frac{1}{8}$  teaspoon salt.
- $\frac{1}{2}$  cup brown sugar.
- 2 tablespoons caramel syrup.
- 1 cup shredded coconut.
- $\frac{3}{4}$  cup whole peanuts.
- $\frac{3}{4}$  cup cereal flakes.
- $\frac{1}{2}$  teaspoon vanilla.

Beat egg white and salt. Beat in sugar gradually, then add the other ingredients. Drop on to a slightly buttered baking sheet. Bake at 325 degrees F. for 15 minutes. Yield 24 macaroons.

## Bran, Date and Nut Bars

- 3 eggs.
- $1\frac{1}{2}$  cups brown sugar.
- $\frac{3}{4}$  cup flour.
- $\frac{1}{8}$  teaspoon salt.
- $\frac{3}{4}$  teaspoon baking powder.
- $\frac{1}{2}$  cup all-bran.
- 1 teaspoon grated lemon rind.
- 1 cup chopped nuts.
- $\frac{1}{2}$  cup chopped dates.

Beat eggs until light. Add sugar and beat well. Add the sifted flour, baking powder and salt. Now, add the remaining ingredients. Spread to  $\frac{1}{2}$ -inch thickness in buttered shallow pan. Bake at 375 degrees F. for 25 minutes. Remove from oven, and, while warm, cut into fingers and roll in fruit sugar.

## Chinese Chews

- 1 cup granulated sugar.
- $\frac{3}{4}$  cup flour.
- 1 teaspoon baking powder.
- $\frac{1}{8}$  teaspoon salt.
- 1 cup chopped nuts.
- 1 cup chopped dates.
- 2 eggs, well beaten.
- 1 tablespoon milk.
- 1 teaspoon vanilla.

Mix and sift dry ingredients. Add chopped fruit, then the well-beaten eggs, milk and vanilla. Beat well. Turn into a buttered pan measuring 8 inches by 8 inches. Bake at 350 degrees F. for 35 minutes. Allow to cool slightly, then cut into squares and roll in fruit sugar.

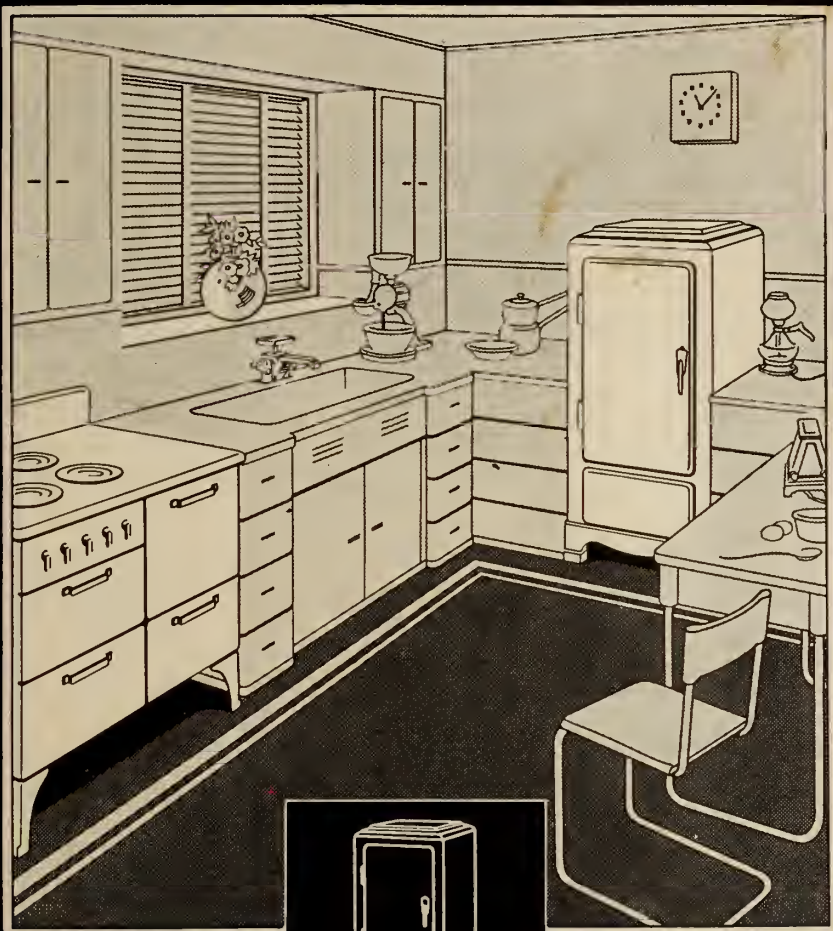
## Chocolate Crisps

- 1 cup brown sugar.
- $\frac{1}{2}$  cup melted butter.
- 1 egg, well beaten.
- 1 teaspoon vanilla.
- $1\frac{1}{2}$  cups flour.
- $\frac{1}{2}$  cup cocoa.
- $\frac{1}{2}$  teaspoon baking soda.
- 1 cup chopped walnuts.

Combine brown sugar and butter. Add well-beaten egg, add vanilla, dry ingredients and nuts. Chill slightly in refrigerator, then form into rolls. Chill again wrapped in wax paper until firm. Slice into  $\frac{1}{8}$ -inch slices and bake at 375 degrees F. for 10 minutes.

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### RECIPE

#### Chocolate Cocoanut Slices

- $\frac{3}{4}$  cup butter
- $1\frac{1}{2}$  cups brown sugar
- 1 egg
- 1 square melted chocolate
- 2 cups sifted flour
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon cream of tartar
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon vanilla
- 1 cup desiccated cocoanut

Cream butter and sugar well together. Add the egg. Beat well, adding the melted chocolate. Add sifted dry ingredients, flavoring and cocoanut. Form into a cylindrical roll and wrap in a wax paper, chill well for several hours in refrigerator. Slice off in thin slices. Bake at 375 degrees F. for 8 to 10 minutes.

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### Spiced Almond Cookies

- $\frac{2}{3}$  cup butter.
- 1 cup brown sugar.
- 2 eggs (small).
- $2\frac{1}{2}$  cups flour.
- $\frac{1}{2}$  teaspoon baking soda.
- $\frac{1}{8}$  teaspoon salt.
- 1 teaspoon cinnamon.
- $\frac{3}{4}$  cup shredded blanched almonds.

Cream butter and sugar well together, add well-beaten eggs. Combine dry ingredients and sift into above mixture. Add almonds and mix all well together. Roll into 2 rolls. Wrap in wax paper and chill over night. Bake at 375 degrees F. for 8-10 minutes, according to thickness. Makes from 4 to 5 dozen.

### Cocoanut Delights

- 2 egg whites.
- $\frac{1}{2}$  teaspoon salt.
- 1 cup fruit sugar.
- 2 tablespoons flour.
- 1 teaspoon vanilla.
- 2 cups shredded cocoanut.

Beat egg whites with salt until stiff. Add sugar, beating in the first  $\frac{1}{2}$  cup. Fold in the remaining sugar with the flour. Add cocoanut and vanilla. Drop on greased pan in portions about the size of a walnut. Bake at 275 degrees F. for 35-40 minutes or until firm to touch.

N.B.—Use a very slow oven so the macaroons will dry out rather than bake.

### Oatmeal Macaroons

- 1 egg.
- $\frac{3}{4}$  cup brown sugar.
- 2 teaspoons melted butter.
- $\frac{3}{4}$  cup quick oats.
- $\frac{1}{2}$  cup shredded cocoanut.
- $\frac{1}{4}$  teaspoon salt.
- $\frac{1}{2}$  teaspoon vanilla.

Beat the egg until fluffy. Add sugar gradually and beat well. Stir in the remaining ingredients. Take up rounding teaspoonfuls of the mixture and place on buttered baking sheet. Flatten slightly with moistened knife. Bake in a moderate oven at 350 degrees F. until browned. Take from pan while warm.

### Melting Moments

- 1 cup melted butter.
- $\frac{3}{4}$  cup brown sugar.
- 1 egg.
- $1\frac{3}{4}$  cups flour.
- $\frac{1}{2}$  teaspoon cream of tartar.
- $\frac{1}{2}$  teaspoon baking soda.
- 1 teaspoon of vanilla.

Combine brown sugar and butter. Add egg and beat well. Add mixed and sifted dry ingredients. Add vanilla and chill well. Now drop in small spoonfuls about  $1\frac{1}{2}$  inches apart on to a baking sheet. Place a small piece of maraschino cherry in the centre of each one. Bake at 350 degrees F. 5-6 minutes.

### Rocks

- $\frac{3}{4}$  cup shortening.
- 1 cup brown sugar.
- 3 eggs.
- 3 cups flour.
- $1\frac{3}{4}$  teaspoons cinnamon.
- $\frac{1}{2}$  teaspoon allspice.
- $\frac{1}{4}$  teaspoon cloves.
- 1 teaspoon baking soda.
- 1 teaspoon salt.
- 1 tablespoon hot water.
- 1 lb. dates, stoned and halved.
- $\frac{1}{2}$  lb. walnuts.

Cream butter and add sugar gradually. Add eggs and beat in well. Mix and sift all the dry ingredients. Add sifted dry ingredients, dates and nuts to the mixture, and then the soda dissolved in the hot water. Drop in spoonfuls on a buttered baking sheet and bake at 375 degrees F. for about 10 minutes until brown.

### Pineapple Cocoanut Cup Cakes

- 3 tablespoons butter.
- $\frac{1}{2}$  cup fruit sugar.
- 1 egg, well beaten.
- $\frac{1}{4}$  teaspoon almond extract.
- 1 cup pastry flour.
- $\frac{1}{8}$  teaspoon salt.
- $1\frac{1}{4}$  teaspoons baking powder.
- $\frac{1}{4}$  cup crushed, well-drained pineapple.
- $\frac{1}{2}$  cup shredded cocoanut.
- 3 tablespoons milk.

Cream butter, add sugar and cream well together. Add egg and beat this mixture thoroughly. Add almond extract. Now, mix and sift the dry ingredients. Add half to the egg mixture with the cocoanut and pineapple. Now add milk and the remaining flour. Turn into paper cup cakes arranged in a baking pan. Bake at 375 degrees F. for about 18 minutes. Cool and ice with any white icing.



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"JUNKET" Rennet Tablets—add dissolved tablet to lukewarm milk.

### Love Drops

- ¾ cup butter (or other shortening).
- 1 cup brown sugar.
- 1 large egg.
- 2 cups flour.
- 2 cups quick oats.
- ½ teaspoon baking soda.
- ¼ teaspoon salt.
- 1 cup raisins.
- ¼ cup milk.
- 1 teaspoon flavoring (vanilla or lemon).

Cream butter and sugar well together. Add unbeaten egg and beat until fluffy. Combine dry ingredients and add with raisins and milk. Add flavoring. Drop on buttered pans. Bake at 350 degrees F. for 20 minutes. Makes 3½ dozen fairly large cookies.

### Chocolate Raisin Drops

- 2 squares chocolate.
- ¼ cup water.
- ¾ cup granulated sugar.
- ½ lb. shredded cocoanut.
- 1 cup seedless raisins.
- ½ cup chopped nuts.
- 1 tablespoon flour.
- 2 teaspoons vanilla.
- ½ teaspoon salt.
- 3 egg whites, stiffly beaten.

Cook grated chocolate and water together in saucepan over low heat until smooth. Add sugar and cocoanut. Mix well. Add raisins and nuts with the flour and vanilla. Fold in the egg whites beaten with the salt until stiff. Drop on very lightly buttered pan. Bake at 350 degrees F. for about 15 minutes. Makes 3 to 3½ dozen drops.

### Jam-Jams

- ½ cup butter.
- 1 cup sugar.
- 1 egg.
- 3 cups flour.
- 1 teaspoon baking powder.
- ¼ teaspoon baking soda.
- ½ cup sour milk.

Jam.

Cream the butter and sugar very thoroughly together. Add egg and beat well. Mix and sift dry ingredients. Add alternately with the milk to the first mixture. Chill. Roll out the dough and cut into rounds. Put rounds together with jam. Do not use a thin jam or too much or it will run out and spoil the cookies. Bake at 375 degrees F. for about 15 minutes. The top of each cookie may be sprinkled with cocoanut.

### Sour Cream Raisin Cookies

- ½ cup soft butter.
- 1 cup sugar.
- 2 eggs.
- ½ cup sour cream.
- ¼ teaspoon vanilla.
- 2¾ cups flour.
- ½ teaspoon salt.
- ½ teaspoon baking soda.
- ½ teaspoon nutmeg.
- 1 cup seedless raisins.

Place soft (not melted) butter in bowl with sugar, eggs, cream and vanilla and beat all together with a Dover or electric beater until light and well mixed. Mix and sift the dry ingredients and add with the raisins to the mixture in the bowl. Drop in spoonfuls on lightly greased baking sheet. Flatten slightly on top and place a cherry in centre. Bake at 375 degrees F. for 12-15 minutes. Makes 3 dozen good-sized cookies.

Note—Brown sugar gives a rather attractive flavor should you care to use it.



AUSTRALIAN RAISINS are the world's best; more meaty, more flavoured, and richer in natural grape sugar than competing products.

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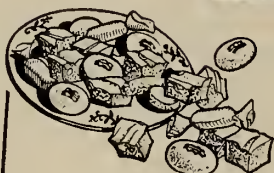
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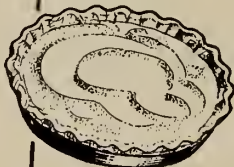
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### Chocolate Nut Cup Cakes

- ¼ cup butter.
- 1 cup brown sugar.
- 1 egg.
- ½ teaspoon vanilla.
- 1½ cups pastry flour.
- ½ teaspoon cinnamon.
- ¼ cup cocoa.
- ¼ teaspoon salt.
- ½ teaspoon baking soda.
- ½ cup milk.
- ¾ cup chopped walnuts.

Cream butter very well. Add sugar and cream well. Add well-beaten eggs and vanilla. Sift in combined dry ingredients alternately with the milk. Sift the last amount of the dry ingredients over the nuts and add last. Beat enough to blend mixture well. Fill paper cups not more than 2/3 full. Place filled cups on a baking sheet and bake at 375 degrees F. for about 20 minutes.

### Mock Almond Macaroons

- 1 cup condensed milk.
- 1 cup fine dry bread crumbs.
- 1 cup shredded cocoanut.
- 1 teaspoon almond flavoring.
- ½ teaspoon salt.

Combine all ingredients in order given. Mix well. Drop on buttered baking sheet in small mounds. Press an almond half into each mound. Bake at 350 degrees F. for about 10-12 minutes. Makes 2½-3 dozen.

### Crunchy Cheese Fingers

- ½ cup fine cornflake crumbs.
- ¼ cup butter.
- ½ lb. soft Cheddar cheese, grated.
- ½ cup flour.
- ½ teaspoon salt.
- ¼ teaspoon mustard.
- ½ teaspoon paprika.

Prepare fine cornflake crumbs either by putting through the mincer or rolling the cornflakes in a paper bag with a rolling pin. Cream the butter until quite soft. Add the cheese, then the other ingredients. This will appear very crumbly. Using the fingers, press ingredients well together, working it into a flat, smooth shape. Roll out as thin as possible. Cut into strips 4 inches long and ½ inch wide and place on a baking sheet. Work up odd bits, cut and roll again until all is used. Bake at 400 degrees F. for about 8 minutes.

### Ginger Ice-Box Cookies

- 1 cup brown sugar.
- ½ cup soft butter.
- 2 eggs.
- ½ cup light molasses.
- 4½ cups flour.
- ½ teaspoon salt.
- 1 teaspoon baking soda.
- 1½ teaspoons ginger.
- ½ teaspoon cinnamon.

Cream sugar and butter well together. Add the eggs and beat very thoroughly. Now, add the molasses and sifted dry ingredients. Mix well. Form into rolls. Wrap in wax paper and chill over night in refrigerator. Cut into thin slices with a sharp knife and bake at 375 degrees F. for about 12 minutes. Makes 5-7 dozen according to size.

### Grandmother's Ice-Box Cookies

- ½ cup butter.
- ½ cup shortening.
- ⅔ cup brown sugar.
- ⅔ cup white sugar.
- 2 eggs.
- 1 teaspoon cinnamon.
- ½ teaspoon salt.
- 1 teaspoon baking powder.
- 3 cups flour.

Cream butter, shortening and sugars together. Add well-beaten eggs. Now, add sifted dry ingredients. Mix well, form into rolls and allow to chill for several hours. Cut in thin slices and bake in moderate oven 375 degrees F. for 8-10 minutes. Makes about 8-10 dozen cookies.

### Orange Ice-Box Cookies

- ½ cup butter.
- ½ cup lard.
- 2 cups brown sugar.
- 3 eggs, well beaten.
- 2 tablespoons orange marmalade.
- 4 cups flour.
- ½ teaspoon salt.
- 1 teaspoon baking soda.
- ½ cup cocoanut.

Cream butter and lard. Add sugar and well-beaten eggs. Now add marmalade. Add flour, salt and baking soda sifted together. Stir in cocoanut. Form into 4 rolls, and wrap in wax paper. Chill over night in refrigerator. Slice thinly and bake at 375 degrees F. for 8-10 minutes. Makes about 7 dozen.

### Surprise Macaroons

- 2 egg whites.
- $\frac{1}{8}$  teaspoon salt.
- $\frac{1}{8}$  cup fruit sugar.
- $\frac{1}{4}$  teaspoon vanilla.
- 2 cups shredded cocoanut.
- 2 milk chocolate bars.

Beat egg whites with salt until stiff. Add sugar gradually, beating it in well. Add the vanilla and cocoanut. Cut the chocolate bars into  $\frac{1}{2}$ -inch cubes. Drop these cubes into the macaroon mixture. Completely surround each cube with macaroon mixture and place each mound on a buttered baking sheet. Bake at 300 degrees F. until firm—about 12 to 15 minutes. Remove from pan and allow to cool on rack before storing. These are quite the most delicious things I have tasted—and very unusual!

### Mistletoe Cookies

- $\frac{3}{8}$  cup butter.
- 1 cup brown sugar.
- 1 egg.
- $2\frac{1}{2}$  cups flour.
- $\frac{1}{2}$  teaspoon baking soda.
- $\frac{1}{4}$  teaspoon salt.
- $\frac{1}{4}$  teaspoon almond extract.
- $\frac{1}{2}$  cup candied green cherries.
- $\frac{1}{2}$  cup chopped pecans.
- $\frac{1}{2}$  cup cocoanut.

Cream butter and sugar well together. Add egg and beat well. Add the flavoring and remaining ingredients. Mix thoroughly. Press into icebox cookie moulds or form into cylindrical rolls and wrap in wax paper. Chill for a few hours or these may be stored for several days before baking. Cut off in thin slices and bake at 375 degrees F. for 8 to 10 minutes. Yields about 8 dozen.

## BEAUTY HINTS

by LOIS LEEDS

*Appear Daily in*  
The  
**Evening Telegram**

### Meringue Glaces

- 4 egg whites.
- $\frac{1}{4}$  teaspoon salt.
- $1\frac{1}{4}$  cups fruit sugar.
- $\frac{1}{2}$  teaspoon vanilla.

Beat egg whites with salt until stiff. Beat in  $\frac{1}{2}$  cup of the sugar very gradually. Fold in the remaining  $\frac{1}{2}$  cup. Add flavoring. Cover a wet board with moistened heavy paper. Shape meringues with a spoon or pastry tube. Bake 50-60 minutes at 275 degrees F. very slow oven. Remove from paper while warm. Serve filled with whipped cream or ice cream.

## Small Pastries

(Extras)

### Fresh Strawberry Tarts

- 1 quart fresh strawberries.
- 1 cup fruit sugar.
- 1 package strawberry jelly powder.
- $1\frac{1}{4}$  cups boiling water.
- $\frac{1}{2}$  cup 32% cream, whipped.
- 8 large tart shells.

Combine strawberries and sugar and leave to stand one hour. Dissolve jelly powder in boiling water. Pour over the berries and chill until it begins to thicken, stirring often. Fold about 4 tablespoons of gelatine into the whipped cream. Chill. Place a layer of whipped cream in the bottom of each tart shell. Chill and cover with a layer of jellied strawberries, pressing hull-end of each berry into the cream. Pour on more thickened jelly to fill each tart. Chill again and serve.

### Strawberry and Rhubarb Tart

- 2 cups diced rhubarb.
- 2 cups halved strawberries.
- $1\frac{1}{4}$  cups sugar.
- 2 teaspoons minute tapioca.
- $\frac{1}{8}$  teaspoon salt.
- Pastry.

Prepare rhubarb and strawberries. Combine with sugar, tapioca and salt. Turn this into a deep pie tin (9-inch) lined with pastry. Cover with strips of pastry half-inch wide, arranged lattice-fashion. Bake at 425 degrees F. for 35-40 minutes or until fruit is tender and crust is browned. Serve with whipped cream. Serves 6.

# Eggs

## French Omelet

- 6 eggs.
- $\frac{1}{3}$  cup milk.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{8}$  teaspoon pepper.

Beat eggs enough to blend well. Add milk and seasonings. Pour into hot buttered frying pan and cook slowly. While cooking lift the cooked portion gently with a spatula, allowing uncooked portion to run underneath. Continue until all the mixture is creamy and set. Increase heat to brown the bottom. Fold from handle to opposite side of pan. Turn on to hot platter and garnish with parsley. Serves 6.

## Fluffy Omelet

- 6 eggs.
- 6 tablespoons water.
- $\frac{3}{4}$  teaspoon salt.
- $\frac{1}{8}$  teaspoon pepper.

Separate the yolks from the whites. Beat the whites until stiff but not dry. Add the water, salt and pepper to the egg yolks and beat with the same beater. Fold the yolks into the whites. Now pour the mixture into a hot buttered (1 tablespoon) frying pan. Cook quite slowly, moving the pan occasionally so that the omelet may cook evenly. When the omelet has cooked and browned on the bottom (test by lifting the edge with the spatula), set the pan in a moderate oven to cook omelet on top. When the surface will not adhere to the forefinger remove the pan from the oven. Fold away from the handle and then on to a platter. Serve at once. Serves 6.

## Shirred Eggs, New Style

- 6 eggs.
- 6 strips bacon.
- 2 tablespoons cream.
- 2 tablespoons devilled ham.
- 6 rounds of toast.

Line each of 6 muffin tins with bacon, having some across the bottom. Place 1 teaspoon cream and 1 teaspoon devilled ham in each tin. Drop in egg. Sprinkle with salt and pepper and buttered crumbs. Bake at 375 degrees F. for 20 minutes. Serve on rounds of toast.

## Savoury Omelet

- $\frac{1}{4}$  cup diced bacon.
- 1 tablespoon butter.
- $\frac{1}{2}$  cup diced onion.
- 2 tablespoons green pepper.
- $\frac{1}{4}$  teaspoon salt (if bacon is not salty).
- $\frac{1}{2}$  teaspoon poultry seasoning.

Cook bacon, butter, onion, green pepper and salt together for 3 to 5 minutes or until the ingredients are cooked. Add this to the egg mixture, leaving excess fat in the pan. Add also the poultry seasoning. Combine and turn into hot pan in which the bacon mixture was cooked. Continue as for French omelet.

*Note*—This is one of the most delicious I have ever made.

## Scrambled Eggs and Corn

- 2 tablespoons butter.
- 1 cup cooked corn, cut from the cob.
- 2 tablespoons green pepper, chopped.
- 6 eggs, slightly beaten.
- $\frac{1}{3}$  cup milk.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{8}$  teaspoon pepper.

Melt butter in shallow saucepan. Add corn and green pepper. Cook together for 2 minutes. Add the eggs, combined with the milk and seasonings, and stir slowly over low flame until mixture is set. Turn on to a hot platter and garnish with toast points, parsley and sliced tomato.

## Asparagus Cheese Omelet

- 6 eggs.
- 6 tablespoons milk.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{8}$  teaspoon pepper.
- 1 cup cooked asparagus, 1 inch lengths.
- $\frac{1}{2}$  cup grated cheese.

Beat eggs, milk and seasonings together to combine well. Pour into hot frying pan in which  $1\frac{1}{2}$  tablespoons butter has been melted. Add the asparagus and allow mixture to cook slowly, lifting up the cooked part with a spatula and allowing the uncooked part to run under. When nearly done sprinkle with grated cheese and allow omelet to brown slightly. Fold and serve on large platter. Garnish with watercress.





# Pies and Pastry



## Pastry

(for one double-crust pie)

- 2 cups pastry flour.
- $\frac{1}{4}$  teaspoon salt.
- $\frac{1}{3}$  cup lard.
- $\frac{1}{3}$  cup butter.
- $\frac{1}{4}$  cup cold water (approximately).

Sift flour and salt into bowl. Add lard and butter, and cut into the flour with a dough blender. Cut the shortening into the finest crumbs possible. Make a depression in centre of mixture, add water and cut into the rest of mixture with a knife, working quickly and surely, form into compact shape. Wrap in wax paper and chill well. Divide into 2 pieces, shape into rounds and roll out for top and bottom crust.

## Peach Pie, Country Style

- 6 large peaches, sliced.
- $\frac{1}{2}$  cup raisins.
- 1 cup brown sugar.
- 2 tablespoons butter.
- 2 teaspoons lemon juice.

Peel and slice peaches. Arrange in baking dish in alternate layers with raisins, brown sugar and butter. Sprinkle with lemon juice. Dot with the butter. Cover with flaky pastry. Bake at 425 degrees F. for 35-40 minutes. Serves 6.

## Deep Dish Cherry Pie

- $2\frac{1}{2}$  cups pitted cherries.
- $\frac{3}{4}$  to 1 cup granulated sugar.
- 1 tablespoon cornstarch.
- 1 tablespoon butter.
- $\frac{1}{8}$  teaspoon salt.

Combine sugar, cornstarch and salt with the cherries. Fill into baking dish. Dot with butter. Lay pastry on top, vented to allow escape of steam. Bake at 425 degrees F. until crust is browned and filling is cooked—about 35 minutes. Insert a skewer through the vents in the crust to test the filling.

## Cocoanut Date Cream Pie

- $\frac{1}{2}$  cup sugar.
- $3\frac{1}{2}$  tablespoons cornstarch.
- $\frac{1}{8}$  teaspoon salt.
- $\frac{1}{4}$  cup cold milk.
- $1\frac{3}{4}$  cups scalded milk.
- 2 egg yolks.
- $\frac{1}{2}$  teaspoon vanilla.
- $\frac{1}{2}$  cup shredded cocoanut.
- $\frac{3}{4}$  cup chopped dates.

Combine sugar, cornstarch and salt with the milk. Add to the scalded milk and cook for 10 minutes until thick and there is no taste of raw starch. Add hot mixture to the slightly beaten egg yolks. Cook for another 5 minutes. Add vanilla, cocoanut and dates. Turn into a baked pie shell. Cover with a meringue made from the 2 egg whites. Sprinkle with cocoanut and brown in a slow oven over 300 degrees F.

If a plain cocoanut cream pie is desired omit the dates.

## Cream Triple Tart

- 3 round layers of pastry (7 inches diameter).
- 1 recipe cream filling.
- $\frac{1}{2}$  cup 32% cream, whipped and sweetened.

**TO MAKE PASTRY LAYERS**—Cut the 3 rounds of pastry, using a plate as a guide. Cut out centre of 1 round only, leaving  $1\frac{1}{2}$ -inch rim. Place separately on baking sheet. Prick well with fork. Bake at 425 degrees F. for 10-15 minutes. Cool.

**TO ARRANGE TART**—Put together pastry circles and filling as you would a layer cake, having the layer with the hole on top. Fill hole with whipped cream and sprinkle with chocolate shot.

For Custard Pie which does not go watery use

# BENSON'S CORN STARCH



"JUNKET" MIX for Ice Cream—Makes Ice Cream More Digestible.

### Deep Dish Fruit Pies

Fill the plate or casserole with fruit or berries heaping it up well in the centre (sometimes an egg cup inverted in the centre to act as a support for the crust.) Moisten the rim of plate with water so crust will adhere. Roll out crust to  $\frac{1}{8}$ -inch thickness. Cut a couple of gashes in centre of pastry. Lift carefully, folded over, on to the fruit. Unfold and trim crust around edge with scissors, leaving a  $\frac{1}{2}$ -inch border of pastry all round the dish. Turn the border under, making a rim of double thickness. Press this into the edge of the dish either by fluting it with the fingers or with the tines of a fork.

Bake at 425 degrees until the crust is browned and the filling cooked. The nature of the filling governs this and it will range from 35-45 minutes. To test filling for "doneness," insert a skewer through the gashes in the crust.

### Rhubarb and Strawberry Deep Dish Pie

- 2 cups rhubarb, diced.
- 1 cup whole strawberries.
- $\frac{3}{4}$  cup sugar.
- 1 tablespoon cornstarch.
- 1 tablespoon butter.

Mix the fruit with the cornstarch and sugar. Fill the baking dish and dot with butter. Cover with pastry and continue as explained in general directions.

### Spicy Fig Roll

- $\frac{1}{2}$  lb. cooking figs.
- $1\frac{1}{2}$  cups warm water.
- $\frac{1}{3}$  cup granulated sugar.
- 1 tablespoon coarsely grated lemon rind.
- $\frac{1}{4}$  cup diluted vinegar.
- $\frac{1}{2}$  teaspoon ground cinnamon.
- $\frac{1}{4}$  teaspoon ground cloves.
- 1 tablespoon lemon juice.
- $\frac{1}{4}$  teaspoon salt.

Chop figs, soak in warm water for 1 hour. Add rest of ingredients. Simmer slowly for 20 minutes or until thick. Cool. Roll pastry to  $\frac{1}{4}$ -inch thickness. Spread with cooled fig filling. Roll up as you would a jelly roll. Place on an unbuttered baking sheet, prick top with fork. Bake at 425 degrees F. for 20 minutes. Serve in slices with hot lemon sauce.

### Individual Grape Pies

- 6 cups grapes, stemmed.
- 1 tablespoon orange juice.
- 1 tablespoon cornstarch.
- $\frac{3}{4}$  cup granulated sugar.
- 1 egg, well beaten.
- $\frac{1}{8}$  teaspoon salt.

Skin grapes. Place pulp in saucepan and simmer covered for 5 minutes until tender. Press through a sieve to remove seeds. Combine together with the skins and remaining ingredients. Line muffin tins with pastry. Fill 2-3 full with grape mixture. Place a small curl of pastry on top of each tart. Bake at 400 degrees F. for 20 minutes or until the crust is brown and the filling is set. Cool and serve topped with whipped cream.

### Strawberry Graham Cracker Pie

- 2 cups graham cracker crumbs.
- $\frac{1}{2}$  cup melted butter.
- 2 tablespoons brown sugar.
- 2 cups sliced strawberries.
- $\frac{3}{4}$  cup granulated sugar.
- 1 tablespoon cornstarch.

Combine crumbs, butter and sugar in a bowl. Now take about  $\frac{3}{4}$  of the mixture and place it in a pie plate, pressing it well into the sides and bottom. Mix the sugar, cornstarch and strawberries together, and put these on top of the crumbs in the pie plate. Cover with remaining crumbs and place in the oven. Bake at 350 degrees F. for 35 minutes. Serve hot or cold with cream.

Note—To make the graham cracker crumbs, place the crackers in a bag and tie the bag at the top. Then roll the bag with a rolling pin. In this way you keep the crumbs from spreading all over the place.

### Deep Dish Pineapple Pie

- 3 cups finely chopped pineapple.
- $\frac{3}{4}$  cup sugar.
- 1 tablespoon cornstarch.
- 1 tablespoon butter.

Combine pineapple, sugar and flour. Place in dish and dot with butter. Cover with pastry and continue as explained in general directions.

For Fruit Pies which do not run—

**BENSON'S  
CORN STARCH**



"JUNKET" MIX for Ice Cream—Contains No Eggs, Corn Starch or Gelatin.

### Cocoa Pastry

- 3 cups pastry flour.
- $\frac{1}{3}$  cup cocoa.
- $\frac{1}{4}$  cup fruit sugar.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{2}$  cup butter.
- $\frac{1}{2}$  cup lard.
- $\frac{3}{4}$  cup cold water (almost).

Sift dry ingredients into a bowl. Add shortening and cut into a fine crumb. Make a depression in centre and add cold water to make a dough, mixing it in with a cutting motion. Roll out and place on a pie tin. Bake at 425 degrees F. for 10-15 minutes. Make 3 crusts. Quarter teaspoon of cinnamon may be added also for a rather spicy chocolate flavor.

### Peach Pie De Luxe

- 3 cups diced peaches.
- 1 cup granulated sugar.
- $1\frac{1}{2}$  tablespoons cornstarch.
- $\frac{1}{8}$  teaspoon salt.
- $\frac{1}{4}$  teaspoon almond extract.
- 1 deep baked pie shell.
- $\frac{1}{4}$  pint 32% cream, whipped.

Peel and dice peaches. Combine sugar, cornstarch and salt. Add to 1 cup of the diced peaches and leave to stand 15 minutes, stirring frequently. Place the other 2 cups of peaches in the pie shell. Now, cook the cornstarch mixture until thick and clear. Add the almond extract and pour this mixture over the raw peaches. Chill. Cover with whipped cream. Serves 6.

### Mrs. Frise's Lemon Chiffon Pie

- 3 egg whites.
- $\frac{1}{8}$  teaspoon salt.
- $\frac{1}{2}$  cup fine granulated sugar.
- 3 egg yolks.
- $\frac{1}{2}$  cup fine granulated sugar.
- $3\frac{1}{2}$  tablespoons lemon juice.
- $2\frac{1}{2}$  tablespoons water.
- 1 large pie shell, baked.

Beat egg whites with the salt until stiff.

Add sugar gradually and beat in well. Combine egg yolks, sugar, lemon juice and water. Cook in double boiler until thickened. Beat into the egg white. Pile this mixture into a baked pie shell. Bake at 300 degrees F. for 40-45 minutes or until firm to touch. Cool slowly—away from any draughts. Serves 6.

This pie settles, of course, a bit after it comes from the oven. Do not cook too quickly nor too long. The time varies according to thickness.

### Marvel Lemon Pie

- 1 package lemon jelly powder.
- $\frac{3}{4}$  cup sugar.
- $\frac{1}{8}$  teaspoon salt.
- $1\frac{1}{2}$  teaspoons grated lemon rind.
- 2 egg yolks.
- $1\frac{3}{4}$  cups boiling water.
- 3 tablespoons lemon juice.
- 1 baked pie shell.

Combine jelly powder, sugar, salt and rind. Add 3 tablespoons of the water then the egg yolks and stir well. Add remaining water and stir until gelatine is dissolved. Cool. Add lemon juice. Chill, when slightly thickened turn into cold, baked pie shell. Chill until firm. Cover with whipped cream.

### Pineapple Ginger Pie

- $1\frac{1}{2}$  cups diced marshmallows.
- $\frac{1}{8}$  cup pineapple syrup.
- 1 cup drained crushed pineapple.
- $\frac{1}{2}$  cup chopped nuts.
- $\frac{1}{4}$  cup chopped maraschino cherries.
- 1 cup 32% cream, whipped.
- 2 tablespoons fruit sugar.
- $1\frac{1}{4}$  cups gingersnap crumbs.

Combine marshmallows with the pineapple syrup. Allow to stand  $\frac{1}{2}$  hour. Fold in whipped cream, sugar, cherries and nuts. Meanwhile, line a buttered pie plate with gingersnap crumbs. Cover the crumbs with the pineapple. Now, pour on the other mixture. Garnish with red cherries. Allow to stand for at least 5 hours. Will serve 6.

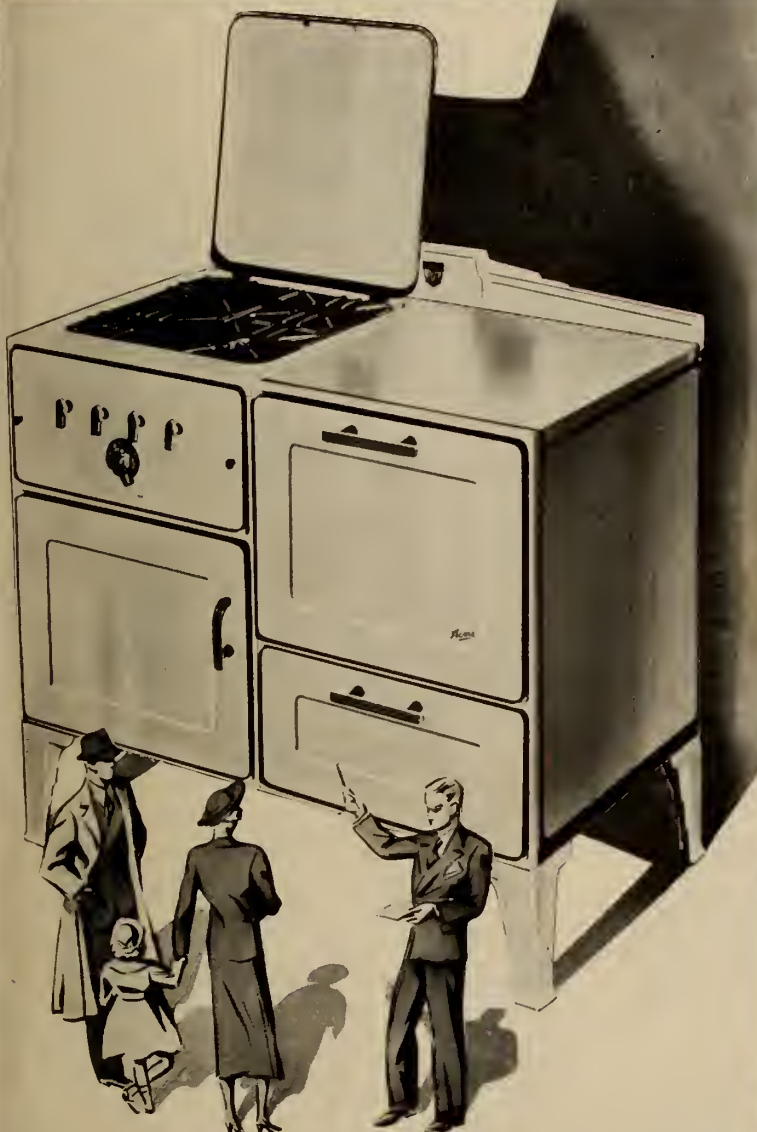
### Lemon and Orange Pie

- 1 cup granulated sugar.
- 1 cup cold water.
- 2 tablespoons cornstarch.
- $\frac{1}{8}$  teaspoon salt.
- 1 teaspoon orange rind.
- 1 teaspoon lemon rind.
- 2 egg yolks.
- 2 tablespoons orange juice.
- 2 tablespoons lemon juice.
- 2 tablespoons butter.

Combine sugar and water. Heat to boiling. Add the cornstarch, rinds, egg yolks and salt, which have been mixed with 2 extra tablespoons of cold water. Cook until thick, stirring constantly. Add the juices and butter. Reheat to boiling. Chill slightly. Pour into baked pie shell. Top with meringue made from the 2 egg whites.



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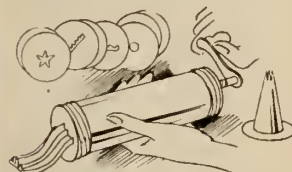
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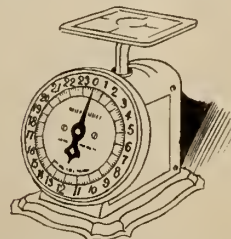
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### Cocoanut Custard Pie

- 3 eggs.
- $\frac{1}{2}$  cup sugar.
- $\frac{1}{4}$  teaspoon salt.
- 3 cups milk.
- $\frac{1}{2}$  teaspoon vanilla or  $\frac{1}{8}$  teaspoon nutmeg.
- $\frac{1}{2}$  cup cocoanut.

Beat the eggs slightly, add sugar and salt. Beat lightly again. Add cold milk and vanilla. Strain into chilled pastry shell. Sprinkle with cocoanut. Bake in a hot oven at 450 degrees F. for 10 minutes, reduce heat to 350 degrees for 30 minutes or until custard is set. More cocoanut may be sprinkled over the custard when nearly set and allowed to brown on top.

### Cranberry Mincemeat

- 2 cups apple cider.
- 1 lb. chopped suet.
- 1 lb. seeded raisins.
- $\frac{1}{2}$  lb. cranberries, chopped.
- 1 orange, minced.
- 4 cups chopped apples.
- $\frac{1}{4}$  lb. citron peel, chopped.
- $\frac{1}{4}$  lb. orange peel, chopped.
- $\frac{1}{4}$  lb. lemon peel, chopped.
- 1 lb. currants.
- 1 lb. brown sugar.
- $\frac{1}{4}$  lb. blanched almonds, chopped.
- $\frac{1}{2}$  teaspoon nutmeg.
- $\frac{1}{2}$  teaspoon cinnamon.
- $\frac{1}{2}$  cup sherry wine or brandy.

Boil cider uncovered for 5 minutes. Add the suet, fruits and sugar and simmer together for 30 minutes. Add the remaining ingredients. Mix well and store in sterilized jars. This particular mincemeat has exceptionally good keeping qualities and is not too terribly rich as many are.

### Plain Apple Pie

- 5 or 6 large tart apples.
- 1 cup sugar.
- 1 tablespoon butter.
- Nutmeg or cinnamon if desired.

Wash, pare and cut apples into quarters. Remove cores and slice in thin slices. Line a  $\frac{1}{8}$ -inch pie plate with pastry. Place in half of apples, then half of sugar and repeat until pie is filled. Sprinkle with nutmeg or cinnamon and dot with butter. Moisten edge of pastry and place on top crust. Press edges together and trim off neatly. Be sure top crust has vents cut to allow steam to escape. Bake at 425 degrees F. for about 35 minutes.

If the apples are sweet or over-ripe use 1 teaspoon lemon juice, sprinkled over each pie filling.

## Small Pastries

### Winter Fruit Tarts

- 8 baked tart shells.
- 1 can diced fruit cocktail.
- 1 tablespoon cornstarch.
- $\frac{1}{4}$  pint whipping cream.
- 1 tablespoon lemon juice.
- $\frac{1}{8}$  teaspoon salt.
- 3 tablespoons sliced brazils.

Drain can of fruit cocktail, measure  $\frac{3}{4}$  cup juice (add water if necessary to make amount). Add lemon juice and stir gradually into the cornstarch in a saucepan. Add salt. Cook until thick and clear. Add fruit and chill. Whip cream, sweeten slightly. Place the cream in the bottom of each tart. Now, pile on the cooled fruit mixture. Sprinkle well with brazils. Serves 8.

### Jam Tarts

Roll out pastry until thin. Cut out with a round cutter and line small tart tins. Place 1 teaspoon thick jam in each tart. In the centre of the jam, place the tiniest little piece of pastry. Bake at 425 degrees F. for 10-15 minutes, according to size of tart.

### Taffy Cocoanut Tarts

- 1 egg.
- $1\frac{1}{4}$  cups brown sugar.
- 1 tablespoon melted butter.
- $\frac{1}{8}$  teaspoon salt.
- $\frac{1}{2}$  teaspoon vanilla.
- 1 cup shredded cocoanut.

Beat egg well. Add brown sugar, salt and vanilla and beat in well. Now, add cocoanut and melted butter. Have tart tins lined with pastry. Place some of this mixture in each tart. Bake at 400 degrees F. for 20 minutes or until browned. Makes about 18 tarts.

### Pignolia Date Tarts

- 2 tablespoons butter.
- $\frac{1}{2}$  cup brown sugar.
- 1 egg.
- $\frac{1}{2}$  cup chopped dates.
- $\frac{1}{4}$  cup pignolia nuts.
- 2 teaspoons lemon juice.

Cream butter, add sugar and cream well. Add the egg and beat until mixture is smooth. Add dates, nuts and lemon juice. Place in spoonfuls in pastry-lined tart tins. Bake at 425 degrees F. for about 15 minutes or until browned. Makes about 12 tarts.



# Making Good Coffee



I've come to the conclusion that the reason for bad coffee lies in the fact that some people haven't the "foggiest" idea what a good cup of coffee should taste like—hence any sort of a brownish liquid with a faint odor of coffee serves the purpose.

Really, I'm quite serious when I say something has to be done about it! More men than you would imagine have asked me to write this article. They get good coffee downtown or at some friend's place and naturally are annoyed when the coffee at home is—well, pretty bad!

With coffee, as with everything else, "you get what you pay for!" I do not mean by this that you have to pay an enormous price, but a possible bargain in coffee may not always be one. Coffee should be:

- (1) Freshly ground.
- (2) Stored in an air-tight container.
- (3) Purchased in small quantities if the family is small and the consumption low.
- (4) Served with cream—milk, even scalded, is not sufficient.
- (5) Made with the addition of a dash of salt. Salt does to coffee what it does to everything else you make — enhances the flavor.
- (6) Ground to suit the method of making:

Coarse for boiled coffee. Medium for percolated. Fine for drip method. Powdered for silex method.

Mustard in coffee sounds like the most atrocious food freak you can imagine—but I use it. A very fine chef gave me the trick. Use—oh—a little less than  $\frac{1}{4}$  teaspoon for a half cup of coffee and quart and a half of water.

Note—Use standard measuring spoons and cups for the following methods:

## Percolated Coffee

- 8 tablespoons coffee.
- $\frac{1}{8}$  teaspoon salt.
- Dash of mustard.
- 6 cups boiling water.

Measure ingredients into percolator.  
"Perk" for about 10 minutes.

## Boiled Coffee (To Serve 6)

- 8 level tablespoons ( $\frac{1}{2}$  cup) coffee.
- $\frac{1}{2}$  cup cold water.
- $\frac{1}{8}$  teaspoon salt.
- Dash of mustard.
- 6 cups boiling water.

Measure coffee, salt, mustard and cold water into pot. Mix well. Pour on boiling water. Bring slowly to boil, stirring occasionally. When boiling point is reached reduce heat so coffee merely "steeps" for 5 minutes. Pour on 3 tablespoons cold water to settle grounds, strain and serve.

For a quantity of coffee tie coffee loosely in cheesecloth bag.

Eggs may be used to clear coffee or even the shells may be utilized. Mix this with the dry coffee grounds. Use about one small egg for the above amount.

## Boiled Coffee (For 100)

- 1  $\frac{1}{2}$  lb. coffee.
- 1 teaspoon salt.
- $\frac{1}{2}$  teaspoon mustard.
- 2 cups cold water.
- 5 gallons boiling water.

Combine coffee, salt, mustard and cold water. Tie loosely in a cheesecloth bag and plunge into boiling water. Cover closely. Keep at boiling point for 15 to 20 minutes, stirring frequently.

## Drip Coffee

- 8 tablespoons coffee.
- $\frac{1}{8}$  teaspoon salt.
- Dash of mustard.
- 6 cups boiling water.

Measure coffee, salt and mustard into the filter. Pour on boiling water. Keep coffee hot, but not boiling while dripping. Serve at once.

## Silex Method

For a demonstration of this I would suggest you visit a good electric dealer. Use same proportions as for drip method except for coffee and use just 6 tablespoons.



# Beverages

## Grape Wine

Crush whole blue grapes, removing from the stems. You will need about one bushel to make the required 5 gallons of mash and liquid. Add 5 pounds fine granulated sugar. Allow to work and ferment in a warm place, leaving room in each crock for fermentation so it does not overflow. Keep crocks lightly covered to prevent dust from collecting on top and also to prevent fruit flies from flying around. Leave for 3 weeks and strain into a 5-gallon keg. Leave to stand, adding 3 pounds of fine sugar at intervals for each gallon of juice. When the "working" and fermentation stops, "bung" it up tightly and allow to stand for 6 to 12 months. May be used sooner, but is best left for a bit.

## Black Fig Wine

- 5 lb. black figs (minced).
- 1 lb. Valencia raisins (minced).
- 2 oranges (minced).
- 5 gallons water.
- 10 lb. granulated sugar.
- 1 yeast cake.

Cover figs with water and soak over night. Drain and mince in the morning. Add other ingredients and put into crock. Do not fill too full so as to allow for fermentation. Leave to ferment for 2 weeks. Strain through several thicknesses of cheesecloth. Leave 2 weeks to settle; then bottle. Put corks in loosely until all fermentation has stopped. Store in cool place. Becomes fuller in flavor as it stands.

## Fruit Punch (For 50)

- 1 quart pineapple juice.
- 1 quart lemon juice.
- 1 quart orange juice.
- 2 quarts medium strong tea,
- 6 cups sugar.
- 4 cups water.
- ½ cup mint leaves.

Prepare fruit juices. Make tea. Combine sugar and water. Heat to make a syrup, while syrup is cooling add the mint leaves. Mix the syrup and other liquids, straining out the mint leaves. Pour into punch bowl over a large square of ice and serve very cold.

## Parsnip Wine

- 12 lb. parsnips.
- ¼ lb. lump ginger.
- 3 gallons water.
- 8 lb. granulated sugar.
- ¼ lb. cream of tartar.
- ½ cup lemon juice.
- 1 yeast cake.
- 6 lb. raisins.

Measure water, ginger and parsnips into a large boiler. Boil for about 5 hours. Strain twice, add sugar, cream of tartar, lemon juice and raisins. Stir all well together. Leave over night and skim off the yeast next morning. Now leave for 3 weeks. Strain into bottles or keg.

## Dandelion Wine

- 2 quarts dandelion flowers.
- 2 quarts water.
- 4 lb. granulated sugar.
- 2 lemons.
- 1 cake yeast.
- 1 slice toast.

Combine flowers and water. Boil until soft. Strain and add sugar and lemons. Boil for 10-15 minutes and strain again. Pour into a crock. Cool to lukewarm. Add yeast spread on the toast. Put in a warm place and allow to ferment. Bottle when fermenting ceases.

## Peach Wine

- 2 pints preserved peaches.
- 2 lb. seeded raisins.
- 2 lb. brown sugar.
- 2 gallons lukewarm water.
- 1 yeast cake.

Combine all ingredients, dissolving the yeast cake in lukewarm water before adding. Allow to stand in a warm place for 3 weeks, stirring it daily. Strain through fine cheesecloth. Bottle and seal.

## Orangeade

- 2 lb. fine granulated sugar.
- Grated rind of 4 oranges.
- 2 ounces citric acid.
- 3 pints boiling water.

Put sugar into glass mixing bowl. Add grated rind and citric acid. Pour on boiling water. Cover and leave over night. Strain and bottle. Store in refrigerator and serve cold.

### Ginger Ale Lemonade

- $\frac{2}{3}$  cup lemon juice.
- 1 cup orange juice.
- 1 cup fruit juice.
- 1 cup fruit sugar.
- 2 pints dry ginger ale.

Mix fruit juices and sugar. Allow to stand until well chilled. Add ginger ale when ready to serve. Serve with crushed ice.

### Grape-Orange Fizz

- 2 cups white grape juice
- $\frac{1}{4}$  cup sugar.
- $\frac{1}{2}$  cup orange juice.
- 1 quart dry ginger ale

To prepare grape juice, remove stems from 1 quart green grapes crush fruit and add 1 cup water. Boil until soft and strain. Combine hot juice with sugar and stir until dissolved. Cool and add orange juice. Chill thoroughly and add ginger ale just before serving.

Delicious as a punch for a bridge party or as an appetizer before dinner.

### Cherry Punch

- 1 cup cherry juice (from preserved fruit).
- $\frac{1}{2}$  cup pineapple juice.
- $\frac{1}{2}$  cup orange juice.
- $\frac{1}{2}$  cup lemon juice.
- 1 cup sugar syrup.
- 1 cup tea.
- 1 quart ginger ale.

Combine and serve well chilled—diluted with cracked ice.

### Mint Julep

- $\frac{1}{2}$  cup sugar syrup.
- 6 stalks fresh mint.
- 2 tablespoons lemon juice.
- $\frac{1}{2}$  cup grapefruit juice.
- 1 cup ice water.
- 2 cups ginger ale.

Heat syrup, add the crushed leaves of mint and let stand  $\frac{1}{2}$  hour. Strain. Add fruit juices and chill. Just before serving add ginger ale. Serve in tall glasses with crushed ice and a sprig of mint as a garnish.

### Orange Health Cocktail

- $\frac{1}{2}$  cup orange juice.
- 1 egg yolk.
- About 1 teaspoon honey.
- $\frac{1}{8}$  teaspoon salt.

Beat all together with Dover beater. Chill well. Good served at breakfast.

### Grape Juice

Remove grapes from stems, measure and mash grapes. For each quart of grapes, add one quart water. Cook until soft. Strain through fine cheesecloth in sieve. For each quart juice add one cup sugar. Boil and remove scum. Bottle in sterilized jars while hot. Seal tightly. Keep in cool place.

### Tea Punch

- $\frac{1}{2}$  cup sugar syrup.
- 1 cup medium strong tea.
- $\frac{1}{2}$  cup lime juice (fresh limes).
- $\frac{1}{2}$  cup pineapple juice.
- 1 cup orange juice.
- 2 cups water.

Combine ingredients and chill well. Serve in tall glasses over crushed ice or ice cubes.

### Raspberry Vinegar

- 6 quarts red raspberries.
- 2 pints vinegar.
- $1\frac{1}{2}$  cups water.
- Sugar.

Crush berries. Combine vinegar and water. Pour over berries, and leave to stand over night. Strain and measure. Add 1 cup sugar for each cup of liquid. Bring to boil for 20 minutes. Bottle and seal.

### Lemon Syrup

- 1 cup sugar.
- 2 cups water.
- Grated rind of 3 lemons.
- $\frac{1}{2}$  cup lemon juice.

Combine water, sugar and grated rind. Stir and bring to boil. Boil 5 minutes. Add lemon juice. Bottle and seal. Use as needed.

### Grape Bounce

- 1 pint grape juice.
- $\frac{3}{4}$  cup lemon juice.
- $\frac{3}{4}$  cup fruit sugar.
- 1 pint soda water.

Combine grape juice, sugar and lemon juice. Stir until sugar is dissolved. Add soda water just before serving. Serve with crushed ice.

# Hot Breads



## Orange Nut Bread

- 3 cups pastry flour.
- 4 teaspoons baking powder.
- 1 teaspoon salt.
- 1 cup sugar.
- 2 tablespoons grated orange rind.
- 1 cup finely-chopped nuts.
- 2 eggs, well beaten.
- 1 cup milk.
- 3 tablespoons butter, melted.

Mix and sift dry ingredients into a bowl. Add orange rind and nuts. Combine well-beaten eggs and milk. Add to flour mixture and mix together until smooth. Add cooled melted butter. Do not overbeat mixture. Turn into buttered loaf pan (8 x 4 x 3 inches). Bake at 350 degrees F. for 1 hour or longer.

## Honey Nut Bread

- 1 egg.
- $\frac{3}{4}$  cup honey.
- 1 cup milk.
- 3 cups flour.
- 3 teaspoons baking powder.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{3}{4}$  cup finely-chopped nuts.
- 1 tablespoon melted butter.

Beat egg well and blend with the honey and milk. Sift dry ingredients and add with the nuts to the first mixture. Pour into buttered loaf pan and leave to stand for 1 hour. Bake at 325 degrees F. for  $1\frac{1}{4}$  hours.

## Orange Bran Bread

- $\frac{1}{2}$  cup brown sugar.
- 2 tablespoons butter.
- 1 egg.
- $\frac{3}{4}$  cup sour milk.
- $\frac{3}{4}$  cup all-bran.
- $\frac{1}{8}$  cup orange marmalade.
- $\frac{1}{2}$  cups flour.
- $\frac{1}{8}$  teaspoon salt.
- 1 teaspoon baking soda.

Cream butter and sugar well. Add well-beaten egg. Now, add milk and all-bran. Allow this mixture to stand for 10 minutes. Add the marmalade and the sifted dry ingredients. Mix enough to blend into a smooth batter. Pour into a buttered 8 x 4 loaf pan. Bake at 350 degrees F. for 35-40 minutes.

## Cherry and Almond Ring

- $2\frac{1}{2}$  cups flour.
- 4 teaspoons baking powder.
- 1 teaspoon salt.
- $\frac{1}{4}$  cup shortening.
- 1 egg, well beaten.
- $\frac{1}{2}$  cup milk (approximately).
- 2 tablespoons sugar.
- 1 teaspoon cinnamon.
- $\frac{1}{2}$  cup blanched shredded almonds.
- Candied cherries, halved.

Mix and sift together the flour, baking powder and salt. Cut in shortening. Combine egg and milk. Add gradually to dry ingredients until a soft dough is formed. Roll 1-3 inch thick on a floured board. Dot all over with 2 extra tablespoons butter. Sprinkle with cinnamon, almonds and cherries. Roll lengthwise and place on a greased baking sheet. Now, with scissors, cut almost through into  $\frac{3}{4}$ -inch slices. Turn each slice partly on its side away from centre. Garnish every other slice with a half a cherry after brushing the loaf over with melted butter. Bake at 425 degrees F. for 25 minutes or until browned.

## Quick Coffee Cake

- 2 cups pastry flour.
- $3\frac{1}{2}$  teaspoons baking powder.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{2}$  cup sugar.
- $\frac{1}{3}$  cup shortening.
- 1 egg, well beaten.
- $\frac{1}{2}$  cup milk.
- 4 tablespoons brown sugar.
- 1 tablespoon flour.
- $\frac{1}{2}$  teaspoon cinnamon.
- 2 tablespoons melted butter.

Measure and sift together the flour, baking powder, salt and sugar. Cut in shortening. Combine egg and milk. Add to flour mixture, stirring until mixture is blended. Turn into greased 9-inch layer cake pan. Brush over top with melted butter. Add any remaining butter to the combined flour, sugar and cinnamon. Sprinkle this evenly over the dough. Bake at 400 degrees F. for 25 to 30 minutes. When done, cool slightly, cut in wedges in pan and remove pieces separately, so topping does not fall off. Makes about 8 wedges.



### Pancakes

- 2 cups flour.
- 2 teaspoons sugar (may be omitted).
- 1 tablespoon baking powder.
- $\frac{1}{2}$  teaspoon salt.
- 1 to  $1\frac{1}{4}$  cups milk.
- 2 eggs, well beaten.
- 1 tablespoon melted butter.

Mix and sift dry ingredients. Beat eggs well, add milk and stir quickly into dry ingredients. Mix until smooth. Add melted butter. Pour from pitcher on to hot griddle pan—or if frying pan is used grease it lightly. Cook on 1 side until bubbles form on top and edges are cooked. Turn and cook on other side. Serve at once hot with butter and syrup or honey.

*Note*—The quantity of milk in this recipe varies according to whether you desire a thick or thin pancake.

### Raisin Whole Wheat Griddle Cakes

- 1 cup white flour.
- 1 cup whole wheat flour.
- 1 teaspoon salt.
- 1 tablespoon sugar.
- 4 teaspoons baking powder.
- 1 cup seedless raisins.
- 2 eggs, well beaten.
- $1\frac{1}{2}$  cups milk.
- 2 tablespoons melted butter.

Combine dry ingredients and sift together. Add raisins and stir in the combined egg and milk. Mix until smooth. Add the melted butter. Pour on to hot griddle or greased frying pan. Cook on 1 side until bubbles are formed on top and the cakes are cooked around the edge. Turn and cook on the other side. Serve at once with butter and syrup or honey.

### Bacon Muffins

- 2 cups flour.
- $\frac{1}{2}$  teaspoon salt.
- 3 teaspoons baking powder.
- 2 tablespoons sugar.
- 3 tablespoons chopped cooked bacon.
- 1 egg.
- $\frac{7}{8}$  cup milk.
- $2\frac{1}{2}$  tablespoons melted butter.

Combine and sift dry ingredients into a bowl. Add bacon. Beat egg well and add milk. Add to dry ingredients in mixing bowl and combine only until mixture is smooth. Add cooled melted butter. Drop into buttered muffin pans and bake at 400 degrees F. for 25 minutes. Makes 12 medium size muffins.

### Dolly Madison Waffles

- $1\frac{3}{4}$  cups flour.
- 3 teaspoons baking powder.
- 1 tablespoon sugar.
- 1 teaspoon salt.
- 2 eggs.
- $\frac{3}{4}$  cup milk.
- $\frac{1}{2}$  cup chopped pecans.
- 1 tablespoon melted butter.

Mix and sift dry ingredients. Beat eggs until light. Add milk. Add liquid to dry ingredients and beat until smooth. Add pecans and melted butter. Pour about  $\frac{3}{4}$  cup batter into pre-heated waffle iron and bake for 3 to 4 minutes. Serve hot with butter and syrup.

### Chocolate Waffles

- $1\frac{3}{4}$  cups flour.
- $\frac{1}{2}$  cup cocoa.
- 6 tablespoons fine sugar.
- $\frac{1}{2}$  teaspoon salt.
- 3 teaspoons baking powder.
- 2 eggs well beaten.
- 1 cup milk.
- 2 tablespoons butter.

Mix and sift dry ingredients. Beat eggs well. Add milk and combine with the dry ingredients. Beat until smooth. Place about  $\frac{3}{4}$  cup of batter in pre-heated iron. Bake about 4 minutes. Cut into sections and serve sandwich style with whipped cream, marshmallows or ice cream as filling. Makes 4 waffles.

### Oatmeal Muffins

- 1 cup cooked oatmeal.
- $1\frac{1}{2}$  cups flour.
- 2 tablespoons sugar.
- 4 teaspoons baking powder.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{2}$  cup milk.
- 1 egg, well beaten.
- 2 tablespoons melted butter.

Mix and sift flour, sugar, salt and baking powder. Add half of the milk. the well-beaten egg and the remaining milk mixed with the oatmeal. Beat only enough to combine. Bake in buttered muffin tins at 400 degrees F. for 25-30 minutes.

Children love its flavor. It gives them energy and health—



**EDWARDSBURG  
CROWN BRAND  
CORN SYRUP**

# KELLOGG'S READY-TO-EAT CEREALS CONVENIENT COOKING INGREDIENTS

Kellogg's packaged products serve a double purpose—first, as healthful, delightful ready-to-eat cereals; and second, as cooking ingredients.

All of the cereals mentioned below are used in a great variety of delicious dishes. The recipes given are examples to show how convenient it is to keep a supply of Kellogg's cereals in one's kitchen:

*Kellogg's*

## CORN FLAKE DATE COOKIES



- |               |                      |
|---------------|----------------------|
| 1 pound dates | 1/4 cup water        |
| 1 cup sugar   | 1/4 cup orange juice |
- 2 tablespoons grated orange peel  
Remove the seeds from the dates and boil dates, sugar, water, orange juice and grated orange peel until soft paste is formed.
- |                           |                              |
|---------------------------|------------------------------|
| 1 cup shortening          | 1/4 teaspoon salt            |
| 1 cup brown sugar         | 1/2 cup water                |
| 3 1/2 cups flour          | 2 cups Kellogg's Corn Flakes |
| 2 teaspoons baking powder |                              |

Cream the shortening, add the sugar and beat thoroughly. Add the flour, which has been sifted with the baking powder and salt, then the water and last the Corn Flakes. Roll the cookie dough thin (about 3/16" thick) and cut into rounds. Spread one round with the date mixture and put a second round on top, pressing the edges together. Bake on greased baking sheet in a moderate oven (375° F.) for 15 to 20 minutes.

Yield: 24—3" cookies.

## LEMON CRUMB PIE

- 1 1/2 cups Kellogg's Rice Krispies (rolled fine and sifted)  
3 tablespoons butter  
1 cup boiling water  
1 cup sugar  
1/2 teaspoon cornstarch  
2 eggs (separated)  
3 tablespoons lemon juice  
1 lemon rind, grated  
Pastry

Add butter and boiling water to crumbs. Mix sugar and cornstarch; add well beaten egg yolks, lemon juice and rind. Combine the mixtures. Line a pie pan with pastry, fill with mixture and bake in a hot oven (450° F.) until filling is set and pastry brown (about 20 minutes). Cover with meringue made from beaten egg whites and six tablespoons of sugar. Bake in a slow oven (300° F.) until brown.

Yield: 1 eight-inch pie.



## ALL-BRAN REFRIGERATOR ROLLS

- 1 cup shortening  
1 cup boiling water  
3/4 cup sugar  
1 cup Kellogg's All-Bran  
1 1/2 teaspoons salt  
2 eggs (well beaten)  
2 compressed yeast cakes  
1 cup lukewarm water  
6 cups flour or more (sifted before measuring)

Mix shortening, boiling water, sugar, All-Bran and salt, stirring until shortening is melted. Let stand until mixture is lukewarm. Add eggs and yeast cakes dissolved in lukewarm water. Add flour. Beat thoroughly. Cover bowl and place in refrigerator over night or until ready to use. Form balls of the dough to fill muffin tins about half full. Let rise two hours. Bake in hot oven (450° F.) about 20 minutes.

Yield: 3 1/2 dozen small rolls.

Note: Dough can be made into Parker House Rolls if desired.



A portfolio of recipes sent free on request—dishes easily prepared by the convenient Kellogg way.



The Coffee with the natural flavor. It's caffeine-free.

All Kellogg Cereals are packed in heat-sealed inner Wax-Tite bags—an exclusive Kellogg feature.



### Orange Muffins

- 2 cups flour.
- 3 teaspoons baking powder.
- $\frac{1}{2}$  teaspoon salt.
- 3 tablespoons fine granulated sugar.
- $\frac{1}{2}$  teaspoons grated orange rind.
- 1 egg.
- $\frac{7}{8}$  cup milk.
- $2\frac{1}{2}$  tablespoons melted butter.
- 1 tablespoon butter.
- 2 tablespoons fine granulated sugar.
- 2 tablespoons orange juice.

Mix and sift dry ingredients and grated orange rind. Beat egg well, add milk and combine with dry ingredients. Mix only enough to combine. Add cooled melted butter. Drop into greased muffin tins, prepared with  $\frac{1}{4}$  teaspoon butter,  $\frac{1}{2}$  teaspoon sugar and  $\frac{1}{2}$  teaspoon orange juice in the bottom of each. Bake at 400 degrees F. for 25 minutes. When done, loosen all muffins around the edge and turn upside down on a cake rack. Makes 12 medium muffins.

### Tomato Biscuits

- 2 cups flour.
- 4 teaspoons baking powder.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{4}$  cup butter.
- $\frac{1}{2}$  cup tomato juice.

Sift flour, baking powder and salt. Work in the butter to a fine crumb. Make a well in the centre of the flour mixture, add the tomato juice. Combine into a soft dough. Knead very gently. Pat out to  $\frac{3}{4}$  inch thickness. Cut with round or fancy cutter. Bake at 400 degrees F. for about 20 minutes.

### Banana Bran Muffins

- 2 tablespoons butter.
- $\frac{1}{4}$  cup sugar.
- 1 egg, well beaten.
- 1 cup bran flakes.
- 1 cup sour milk.
- 1 cup flour.
- $\frac{1}{2}$  teaspoon baking soda.
- $\frac{1}{2}$  teaspoon salt.
- 1 teaspoon baking powder.
- $\frac{1}{2}$  cup chopped banana.

Cream butter and sugar; add egg, milk and bran. Allow to stand while preparing the other ingredients. Sift together the remaining dry ingredients. Sift these into the first mixture, add banana and mix together only enough to combine. Bake in buttered muffin tins at 400 degrees F. for 20 to 25 minutes.

### Plain Tea Biscuits

- 2 cups flour.
- 4 teaspoons baking powder.
- $\frac{1}{4}$  teaspoon salt.
- 3 to 4 tablespoons shortening.
- $\frac{1}{2}$  cup sweet milk.

Sift dry ingredients. Cut in shortening. Add milk. Turn on to slightly floured board. Knead gently into shape. Roll or pat out to desired thickness. Cut into rounds. Place on lightly greased pan and bake at 425 degrees F. for 12 to 15 minutes.

### Sour Milk Tea Biscuit

- 2 cups pastry flour.
- $3\frac{1}{2}$  teaspoons baking powder.
- $\frac{1}{4}$  teaspoon baking soda.
- $\frac{1}{4}$  teaspoon salt.
- 3 to 4 tablespoons shortening.
- $\frac{1}{2}$  cup sour milk.

(Use more milk if very thick.)  
Method same as for plain tea biscuits.

### Honey Biscuits

Make regular tea biscuit mixture. Cut into medium sized biscuits. Bake as directed. Remove from oven, split in halves. Spread lower halves with butter (lots of it) and the top halves with honey (lots of it, too). Put halves together and let stand a few minutes so that it "goos" together before serving.

### Blueberry Bran Gems

- 2 tablespoons butter.
- $\frac{1}{4}$  cup granulated sugar.
- 1 egg, well beaten.
- 1 cup all-bran.
- 1 cup sour milk.
- 1 cup pastry flour.
- 1 teaspoon baking powder.
- $\frac{1}{2}$  teaspoon baking soda.
- $\frac{1}{2}$  teaspoon salt.
- 1 cup blueberries.
- 2 tablespoons flour.

Cream butter, add sugar and cream well together. Add egg, bran and sour milk. Allow to stand 5 minutes. Add sifted dry ingredients and lastly the blueberries dredged with the extra flour. Fill buttered muffin tins about  $\frac{2}{3}$  full. Bake at 400 degrees F. for 20 to 25 minutes. Serve hot.

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*Read* THE EVENING TELEGRAM

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### Orange Tea Rolls

- 2 cups flour.
- 1 tablespoon sugar.
- 3½ teaspoons baking powder.
- ½ teaspoon salt.
- 4 tablespoons butter.
- 1 egg—well beaten.
- ⅓ cup milk (approximately).

Mix and sift dry ingredients. Cut in butter. Add well-beaten egg and milk (add a little less than 1/3 to begin with). Mix carefully to a dough, easily handled. Roll to 1/3-inch thickness and spread with the following mixture creamed together:

- 2 tablespoons butter.
- ⅓ cup orange marmalade.
- 2 tablespoons chopped nuts.

Roll up jelly-roll fashion. Cut into ¾-inch slices and place in small buttered muffin tins. Bake at 425 degrees F. for 18 to 20 minutes.

*Note*—Use a thick marmalade.

### Strawberry Surprise Muffins

- 2 cups flour.
- 3½ teaspoons baking powder.
- 3 tablespoons fine granulated sugar.
- ½ teaspoon salt.
- ⅞ cup milk.
- 1 egg.
- 2 tablespoons melted butter.
- Strawberry jam.

Measure the dry ingredients into the flour sifter and sift into a bowl. Beat the egg very well with a Dover beater, add the milk. Add the milk and the egg to the dry ingredients. Mix together with as little mixing as possible—just enough to combine. Now add the melted butter which has been cooled first. Turn into 9 large buttered muffin tins—or 12 medium ones. Put 1 teaspoon of strawberry jam on top of each muffin. Bake at 400 degrees F. for 25 minutes. Serve hot.

### Peanut Butter Bread

- 2 cups flour.
- 3½ teaspoons baking powder.
- 1 teaspoon salt.
- ½ cup sugar.
- 1 egg, well beaten.
- ¾ cup peanut butter.
- ⅞ cup milk.

Sift together the dry ingredients. Beat the egg. Add to the peanut butter and milk, which have been blended well together. Add the liquid mixture into the dry ingredients. Mix only enough to blend the ingredients. Turn into a buttered loaf pan and bake at 350 degrees F. for about 50 minutes. Cool and allow to age at least 1 day before using.

### Cheese Puffs

- 1 cup boiling water.
- ¼ cup butter.
- ½ cup flour.
- ⅛ teaspoon cayenne pepper.
- ½ teaspoon salt.
- ½ cup grated cheese.
- 2 eggs.

Heat water and butter to boiling. Add flour, salt and cayenne. Stir and cook until mixture leaves the sides of the pan. Add cheese and mix well. Cool. Add unbeaten eggs one at a time, beating in very well. Chill again well. Drop by spoonfuls on buttered baking sheet. Bake in hot oven 400 degrees F. for 15 minutes, reduce heat to 350 degrees F. for 20 minutes.

*Note*—These may, when puffed, have no bottom to them, in which case turn them over and use as shells.

### Onion Shortcake

- 1 cup onions, sliced thinly.
- ½ teaspoon salt.
- 2 teaspoons butter.
- 2 tablespoons chopped pimiento.
- 1 small egg, slightly beaten.
- ⅓ cup sour cream.

Cook onions slowly with salt and butter until tender. Do not allow to brown. When cool, spread onions and pimiento over top of tea biscuit mixture, rolled to ¼-inch thickness and arranged in layer cake pan. Combine beaten egg and cream and pour over top of onion and pimiento. Bake at 425 degrees F. for 20 minutes or until slightly browned. Serve with roast pork. Serves 6.

*Note*—Use 2 cups flour for tea biscuit mixture, or this is an ideal spot for the packaged tea biscuit mixture.

### Mocha Date Bread

- 1 cup chopped dates.
- ¾ cup hot coffee.
- ½ teaspoon baking soda.
- 1 egg.
- 2 tablespoons butter.
- ⅔ cup brown sugar.
- 1½ cups flour.
- 1 teaspoon baking powder.
- ½ teaspoon salt.
- ¾ cup broken walnuts.

Add soda and hot coffee to the dates. Cool to lukewarm. Add sugar, butter and beaten eggs. Add sifted dry ingredients and nuts. Turn into 1 large loaf pan or 2 small loaf pans. Bake at 325 degrees F. for 45 minutes for the large loaves and 35 minutes for the small ones.

# Sandwiches

## Club Sandwich De Luxe

- 12 slices bread.
- Sliced tomatoes.
- 12 slices broiled bacon.

Trim crusts from bread and toast. Make 6 sandwiches of toast with tomatoes and bacon as filling. Cut diagonally and pour over each the following sauce:

- 1 package soft cream cheese (yellow).
- $\frac{1}{4}$  cup milk.
- 1 teaspoon Worcestershire sauce.
- $\frac{1}{8}$  teaspoon dry mustard.
- $\frac{1}{8}$  teaspoon pepper.
- $\frac{1}{4}$  teaspoon salt.

Combine above ingredients and cook in double boiler until smooth.

## Club Sandwich (For 8)

Make 16 slices of toast (crusts off) in the broiler of your stove. Butter the pieces as they are done and place 2 buttered sides together in a covered container in the oven. Now have ready:

- 16 slices broiled breakfast bacon.
- 16 slices cold chicken.
- 16 slices tomato.
- Lettuce.

Place 2 slices of bacon, then 2 slices of chicken and 2 slices tomato one on top of the other on 1 slice of toast. Spread the other slice with mayonnaise and place on top. Cut across diagonally. Garnish with olives and serve on lettuce.

## Asparagus Rolls

Cut bread in very thin slices. Butter and remove the crusts. Spread lightly with mayonnaise except at one end, where a good coating of butter should be left. Place a stalk of canned green asparagus on the end with mayonnaise. Roll tightly toward the end with the butter. Press this end in firmly so butter acts like a mucilage. Chill well before serving.

## Tasty Cheese Spread

- $1\frac{1}{2}$  cups grated Cheddar cheese.
- 3 tablespoons chopped sweet pickle.
- 2 tablespoons chopped nuts.
- 1 teaspoon vinegar from pickles.
- Mayonnaise to moisten.
- Salt to season.

Combine ingredients and spread between brown bread.

## For the Assorted Open Sandwiches

Here are some suggestions:

(1) Color white cream cheese a delicate shade of pink. Spread on bread. Cut in any desired shape. Now outline the edge with thinly sliced radishes.

(2) Lay a thinly sliced tomato on buttered round of bread and sprinkle with finely chopped green pepper.

(3) Slice cucumbers and soak in salted water colored green for 2 or 3 hours. Lay on squares of buttered bread and place a wee sprig of parsley at each corner and a slice of olive in the centre.

## Vegetable Club Sandwich

- 12 slices toast.
- $\frac{1}{4}$  cup chopped green pepper.
- $\frac{3}{4}$  cup shredded cabbage.
- 1 red apple chopped.
- 1 small cucumber, sliced.
- 2 tomatoes, sliced.

Prepare toast and butter while hot. Have ready combined with mayonnaise the green pepper, cabbage and apple. Spread this on slice of toast. Cover with another slice of toast then with slices of tomato and cucumbers. Sprinkle with salt and pepper and spread with mayonnaise. Cover with toast. Cut cornerwise into 4, serve garnished with parsley and gherkins or olives.

## Individual Sandwich Loaves

- 16 slices bread in  $\frac{1}{2}$ -inch slices.
- 1 cup egg filling.
- 1 cup ham filling.
- 1 cup chopped nuts filling.
- 2 bars cream cheese.

Using a sandwich loaf, slice bread and butter well. Arrange 4 piles of bread of 4 slices each. Now, using  $\frac{1}{4}$  cup of each filling in each pile, stack 1 slice of bread one on top of each other like a layer cake, having some of each filling in each pile. Remove crusts. Cut each square in half and ice all over with well-creamed cheese (use mayonnaise to make it spread). Garnish each loaf with chopped nuts or bits of green pepper, pimiento or olives. Serve well chilled on lettuce garnished with watercress. Serves 8.

### Minced Ham Spread

- 3 tablespoons minute tapioca.
- $\frac{1}{4}$  teaspoon salt.
- $\frac{1}{4}$  teaspoon pepper.
- 1 cup hot water.
- 1 tablespoon vinegar or lemon juice.
- $\frac{1}{2}$  pound minced cooked ham.
- $\frac{1}{4}$  cup chopped mustard pickle.
- $1\frac{1}{2}$  teaspoons grated onion.
- 1 tablespoon mayonnaise.
- $\frac{1}{2}$  teaspoon Worcester sauce.

Combine tapioca, salt, pepper, water and vinegar. Cook in double boiler until clear, stirring rather often. Add remaining ingredients. Mix well and chill thoroughly. Makes about 1 pint jar. Keep stored in refrigerator.

### Veal and Currant Sandwich Spread

- 1 cup minced veal.
- 2 tablespoons diced celery.
- 1 tablespoon red currant jelly.
- $1\frac{1}{2}$  tablespoons chopped almonds.

Combine ingredients and blend together well. Spread between buttered bread for sandwiches.

### Tomato and Bacon Sandwich

- 3 tomatoes.
- 6 slices bacon.
- Lettuce.
- Mayonnaise, if desired.
- 12 slices bread.

Peel and slice tomatoes. Cook bacon, cutting the slices in half, drain on brown paper. Now on 6 slices of the buttered bread arrange a layer of sliced tomato, top with bacon and some shredded lettuce. Sprinkle lightly with salt and pepper. Spread the other slice of bread with mayonnaise, if desired, and place on the lettuce. Trim crusts if you wish. Cut diagonally in half to serve. These are very good when toasted.

### Lamb and Cucumber Sandwich

- 6 slices cold lamb.
- 1 medium cucumber, sliced.
- Lettuce.
- Mayonnaise.
- 12 slices buttered bread.

Arrange 1 slice of lamb and 2 or 3 slices of cucumber on a slice of bread. Top with lettuce, then another slice of bread spread with mayonnaise. Cut in half diagonally, trimming the crusts if desired.

### Hot Ham and Cheese Sandwich

- 12 slices bread.
- 6 thin slices ham.
- 6 thin slices cheese.
- Prepared mustard.
- $\frac{3}{4}$  cup milk.
- 1 egg.
- $\frac{1}{4}$  teaspoon salt.

Spread bread with butter. Place a slice of ham on each of 6 slices. Top with a slice of cheese. Spread with mustard and top with another slice of bread. Trim off crusts. Add milk to beaten egg and salt. Dip sandwich in the mixture and sauté in hot buttered pan until brown. Makes 6 sandwiches.

### Corned Beef Sandwich Spread

- 1 cup chopped corned beef.
- $\frac{1}{4}$  cup chopped sweet pickle.
- 2 tablespoons catsup or chili sauce.
- Salt and pepper.

Combine and spread between buttered bread.

### Egg, Onion and Bacon Sandwich

- 4 hard-cooked eggs, sliced.
- 1 Spanish onion, sliced.
- 12 slices crisply cooked bacon.
- Lettuce.
- Chili sauce.
- 12 slices buttered bread.

Place sliced egg on slice of bread, then a slice of onion. Now, 2 slices of bacon and some chili sauce. Top this with a leaf of lettuce, then another slice of bread.

### Chicken and Almond Spread

- 1 cup minced chicken.
- $\frac{1}{2}$  cup minced browned almonds, chopped.
- 2 tablespoons chopped celery.
- $\frac{1}{4}$  cup mayonnaise.

Combine, season to taste. (I use a little lemon juice as well.)

### Hallowe'en Sandwich Spread

- 1 cup grated carrot.
- $\frac{1}{2}$  cup chopped cooked prunes, well drained.
- $\frac{1}{4}$  cup chopped nuts.
- $\frac{1}{2}$  teaspoon lemon juice.
- $\frac{1}{8}$  teaspoon salt.

Combine all ingredients—being sure the prunes are well drained. Use this spread with brown bread.



### Cheese and Olive Sandwich Spread

1 tablespoon granulated sugar.  
 ¼ cup flour.  
 ½ teaspoon salt.  
 ½ teaspoon mustard.  
 1 egg, slightly beaten.  
 1 cup water.  
 2 tablespoons butter.  
 1 teaspoon Worcester sauce.  
 2 tablespoons vinegar.  
 3 cups grated cheese.  
 1 cup chopped stuffed olives.  
 ½ cup chopped pimiento.

Combine dry ingredients. Add egg and mix well. Add water and butter. Cook together until thick and smooth. Add Worcester sauce and vinegar. Remove from heat, stir in the cheese, olives and pimiento. Pack in clean sterilized jars, cover and seal. Store in refrigerator. Makes about 2½ cups filling.

### Mock Devilled Ham Spread

3 tablespoons minute tapioca.  
 ¼ teaspoon salt.  
 ¼ teaspoon pepper.  
 ¼ teaspoon mustard.  
 1 tablespoon vinegar.  
 1 cup hot water.  
 ¼ cup sweet or mustard pickle, chopped.  
 1 tablespoon grated onion (if desired).  
 ½ lb. cooked ham, minced.

Combine tapioca, salt, pepper, mustard, vinegar and water. Cook in double boiler for 15 minutes or until tapioca is clear, stirring frequently. Combine remaining ingredients and add to tapioca mixture. Cool. Makes 2 cups filling.

Note—This will keep in the refrigerator.

### Special Ham Sandwich Spread

2 cups minced cooked ham.  
 ½ cup finely diced celery.  
 ¼ cup chopped pimiento.  
 ½ teaspoon dry mustard.  
 1 teaspoon lemon juice.  
 Salt to season.  
 Mayonnaise to spread.

Combine ingredients and spread between slices of bread.

### Date and Ginger Spread

½ cup cooked dates.  
 1 teaspoon lemon juice.  
 Speck of salt.  
 2 tablespoons minced candied ginger.  
 Combine and use with brown bread.

### Cheese and Vegetable Spread

2 tablespoons butter.  
 2 tablespoons flour.  
 2 teaspoons sugar.  
 ¼ teaspoon salt.  
 1 egg.  
 1 cup water.

Melt butter in saucepan. Combine dry ingredients, blend in the well-beaten egg and water combined together. Cook, stirring constantly until thick. Remove from heat and add:

1 tablespoon butter.  
 1½ teaspoons lemon juice.  
 1 tablespoon vinegar.  
 ½ teaspoon Worcester sauce.  
 1 cup grated cheese.

Chill well and add:

¾ cup grated carrot.  
 ½ cup diced celery.  
 ¼ cup chopped pimiento.

Will make almost 1 pint filling. Good for toasted sandwiches also.

### Cheese and Ginger Filling

1 bar white cream cheese.  
 2 tablespoons chopped ginger (candied).  
 2 tablespoons chopped walnuts.  
 1 teaspoon grated orange rind.  
 Mayonnaise to moisten.

Combine all ingredients. Use with brown bread.

### Ghoul Sandwich Spread

1 small bar yellow cream cheese.  
 1 tablespoon mayonnaise.  
 ½ cup finely chopped dates.  
 2 tablespoons chopped nuts.

Cream cheese and mayonnaise together well. Add dates and nuts and spread on bread.

### Honey, Nut, Raisin and Celery Sandwich

1 cup chopped nuts.  
 ½ cup chopped raisins.  
 ½ cup chopped celery.  
 Honey to moisten.

Combine ingredients and blend well. Use with brown bread.

## Bridge Problems

by Wm. E. McKenney

EVERY DAY IN  
 The Evening Telegram

"JUNKET" Rennet Tablets—add dissolved tablet to lukewarm milk.

Butter  
Nut

Soy  
Flake

Honey  
Crushed  
Wheat

C. B.  
4

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#### Double Pinwheel Sandwich

Have 1 sandwich loaf of white bread and 1 of brown bread in corresponding size. Using a sharp knife, preferably a serrated-edged knife, cut slices of the bread lengthwise off the loaves. Place these in a dampened towel so they do not dry out. Trim the crusts evenly off the slices. Spread a white slice with butter, then with colored cheese spread. Place a brown slice on top. Butter and spread with cheese. Now take sweet gherkins and dry them well and place along 1 end of the bread. Holding the edges well together, roll bread firmly around the gherkins jelly-roll fashion. Roll quickly, and if it starts to crack, keep on rolling without hesitation, pressing the crack into place. Wrap in wax paper and chill in the refrigerator. Cut into 1/3-inch slices.

#### Ribbon Sandwiches

The plain ribbon sandwich is one I think everyone knows how to make. Just the slices of brown and white bread piled alternately like a layer cake with a filling in between each slice. You can make them either 3 or 4 deckers and they are quite attractive when the alternating layers are of different colors of cheese. Chill well and cut into slices to serve.

#### Checkerboard Sandwiches

Prepare ribbon sandwiches using 4 slices of bread and the colored cheeses or plain yellow cream cheese. Press these well together. Now slice these down into 1/2-inch slices. Take 3 slices and spread with butter and cheese, and pile up again as if for ribbon sandwiches, making sure to have the brown slice over the white so as to give a checkerboard appearance. Wrap in wax paper and chill well. Cut in 1/2-inch slices to serve.

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*Read*  
**The Evening Telegram**

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"JUNKET" MIX for Ice Cream—Contains No Eggs, Corn Starch or Gelatin.

# Toasts

## Melba Toast

Cut bread in  $\frac{1}{8}$ -inch slices. Now, cut in triangles. Arrange on a baking sheet or directly on the racks of the baking oven. Bake in a slow oven 300 degrees F. for 15 minutes or until the bread is dry and an even golden color. Turn once during the baking. Make a quantity at a time and keep it on hand.

## Croustades

Cut bread in 2-inch slices. Remove crusts. If a small cream loaf has been used do not cut in half, but if larger loaf has been used, cut in half to make 2 rectangles. Now, with a pointed knife, outline a rectangle  $\frac{1}{2}$  inch in from the edge. Cut out the centre to leave a case with walls and bottom  $\frac{1}{2}$  inch thick. Brush inside and out with melted butter. Place on a baking sheet in a moderate oven 350 degrees F. Bake until cases are brown and crisp. Use these in any way you would use patty shells.

## Toast Sticks

Cut bread in  $\frac{3}{4}$ -inch slices. Trim off crusts. Cut in fingers  $\frac{3}{4}$  inches wide. Arrange on a baking sheet and bake in slow oven, 300 degrees F. for 15 minutes, or until bread is crisp and evenly browned. Turn the sticks once during the baking.

## Croutons

Prepare bread as for toast sticks, then cut across again to make cubes. These may be mixed with melted butter and baked at 325 degrees F. until brown. Or they may be fried in deep fat at 390 degrees F. until brown. Drain on brown paper.

## Honey Nut Toast

Prepare toast, remove crusts. Spread with:

- 2 tablespoons butter.
- 3 tablespoons honey.
- 2 tablespoons chopped nuts.

Cream these all together before spreading on toast. Will make spread for 4 slices of toast.

## Cinnamon Slices

Cut bread into 2-inch slices. Remove crust. Cut each slice in 2 or 3, according to size of slice, to make rectangles. Spread all 4 sides of rectangles with very soft butter. Roll in following mixture:

- 1 cup brown sugar.
- 2 teaspoons cinnamon.

Place on broiler and toast on all 4 sides. Remove and cut in inch slices. Serve hot with butter.

## Raisin Cheese Squares

Cut raisin or fruit bread into  $1\frac{1}{2}$ -inch slices. Trim off crusts. Cut these slices into cubes. Now combine:

- 2 tablespoons butter.
- 1 cup grated cheese.
- $\frac{1}{8}$  teaspoon paprika.

Spread this on 5 sides of the raisin bread. Bake in a hot oven 400 degrees F. until cheese is melted and slightly browned.

## Toasted Cheese and Jelly Roll

Cut bread in  $\frac{1}{4}$ -inch slices. Remove crusts. Spread with cream cheese, then with grape jelly or spiced grapes. Roll up as a jelly roll. Secure with a toothpick. Toast under broiling flame, turning to ensure even toasting. Remove toothpicks before serving. Serve hot.

## Broiled Tomato and Bacon Squares

- 6 slices bread,  $\frac{1}{2}$ -inch thick.
- 3 sliced and peeled tomatoes.
- $\frac{1}{2}$  cup grated cheese.
- 12 slices bacon.

Cut bread and remove crusts. Spread with butter and place on a buttered baking sheet. Lay slices of tomato on the bread and sprinkle with salt and pepper. Sprinkle tomatoes with cheese. Lay strips of bacon across the top. Place in hot oven at 425 degrees F. until bacon is crisp. Serve on a hot plate garnished with parsley.



# Canning and Preserving

## Chart for Oven Canning

Fruit	Syrup	Temp.	Time	
			Pt. Jars.	Qt. Jars
Blueberries	very thin syrup	275° F.	25 mins.	45 mins.
Strawberries	medium syrup	275° F.	25 "	45 "
Blackberries				
Raspberries				
Gooseberries				
Thimbleberries	medium syrup	275° F.	30 "	55 "
Sweet Cherries	medium syrup	275° F.	30 "	55 "
Sour Cherries	heavy syrup	275° F.	30 "	55 "
Pineapple	thin syrup	275° F.	35 "	60 "
{ Peaches, Pears,	medium syrup	275° F.	35 "	60 "
{ Sweet Plums				
Sour Plums	heavy syrup	275° F.	35 "	60 "

## General Method for Oven Canning

Test jars for leakage and wash in hot water.

Sterilize jars, glass and screw tops by placing them in kettle, covering with cold water and heating gradually to boiling. Boil 20 minutes.

Select firm fresh fruit as uniform in size as possible. Wash in cold water. Blanch if necessary by placing a small amount of the fruit in a wire basket or cheesecloth bag and immerse in boiling water for the required length of time, then cold dip.

Place fruit in sterilized jars. Fill with boiling syrup to within one-half inch of top. Put on new rubbers which have been dipped in boiling water, then the glass and screw tops. Screw down tightly and then loosen back one turn to allow for expansion.

Place about 1½ inches apart on the rack in an oven at 275 degrees F. for the required length of time. (See time table).

Allow to cool in the oven, remove and screw the tops down tightly. Invert jars.

Store in a clean, well-aired, dry, cool place—50 to 60 degrees F.

## Points to Remember for Oven Canning

(1) If you are using an electric oven, do not use the top element at all, not even for pre-heating.

(2) If you have no heat control on your oven, use the same slow oven you would for a heavy rich Christmas fruit cake.

(3) The fruit should not boil rapidly in the jars, just the odd slow little bubble may be seen travelling up the jar. If it boils over, the oven is too hot, so place a pan of cold water in the oven to cool it down. It is not necessary to leave it in.

## Syrups for Oven Canning

Very Thin Syrup—1 cup sugar to 2 cups water, boil 5 minutes.

Thin Syrup—1 cup sugar to 1 cup water, boil 5 minutes.

Medium Syrup—1½ cups sugar to 1 cup water, boil 5 minutes.

Heavy Syrup—2 cups sugar to 1 cup water, boil 5 minutes.

Note—For small fruits allow about 1 cup syrup for each jar. For large fruits allow about ¾ cup syrup for each jar.

## Oven Canned Strawberries (Special Method)

Wash and hull 3 pint boxes of strawberries. Cook them in a syrup of 3 cups sugar to 2 cups water for 7 minutes. Allow to stand in syrup over night. Pack into hot sterilized jars on which new sterilized rubbers have been adjusted. Fill with syrup to within ½ inch of top. Adjust glass and screw top loosely. Process in oven at 275 degrees F. for 25 minutes. Allow to cool in oven. Complete the seal on removal. Store in a dark, dry, cool place.

N.B.—This special method keeps the berries from fading and shrivelling.

### Oven Canned Peaches, Pears and Plums

Test jars for leakage. Sterilize jars, glass and screw tops by placing in a kettle, covering with cold water and heating to boiling. Boil 20 minutes. Prepare fruit and pack (either in halves or whole, according to size, into sterilized jars. Prepare a syrup of  $1\frac{1}{2}$  cups sugar and 1 cup water by combining and boiling for 5 minutes. Pour hot syrup over fruit in jars to within a  $\frac{1}{2}$  inch from the top. Adjust new sterilized rubber rings, sterilized glass and screw tops. Screw down tightly and then loosen back one turn to allow for expansion. Place on rack in oven about  $1\frac{1}{2}$  inches apart for required length of time at 275 degrees F.

	Pints	Quarts
Peaches . . . .	35 Minutes	60 Minutes
Pears . . . . .	35 Minutes	60 Minutes
Plums . . . . .	35 Minutes	60 Minutes

If possible, leave the jars in the oven until cool. Remove, screw down quite tightly. Invert for several hours. Store in a dark, dry, cool place.

Plums should be pierced with a fork before being placed in the jar. If they are very sour, use 2 cups of sugar instead of  $1\frac{1}{2}$  cups sugar for the syrup.

Pears should be peeled and dropped into acidulated water (1 quart water with 1 teaspoon lemon juice) to prevent discoloring. Lemon juice may also be added to the syrup or a slice of lemon added to each jar of fruit.

### Canned Blueberries

(For Pies)

Pick over berries. Pack into hot sterilized quart jars. Shake down well. Place jars in kettle or boiler of water, having a rack in the bottom. Cover with glass and screw top loosely. Sterilize for 10 minutes. Meanwhile, steam more berries in a colander or steamer on top of stove. Open jars in steamer and add more berries to fill each jar. Adjust sterilized glass top and screw rings. Seal loosely. Process another 30 minutes. Remove from water and adjust tops tightly. Store in dark, dry, cool place. Open and use as desired for pies, sweetening to suit your own taste.

### Oven Canned Beets

Scrub beets well, removing the tops, but leaving about 2 inches of stem. Do not cut off the long tap root. Boil for 20 minutes. Plunge into cold water and slip off the skins, dice, slice or leave whole as desired, pack into hot, well-sterilized jars, add:

$\frac{1}{2}$  teaspoon salt.  
1 teaspoon sugar.  
1 teaspoon lemon juice.

to each pint jar. For quart jars, double the amount. Add enough boiling water to fill jars to within about  $\frac{1}{2}$  inch of the top. Adjust new sterilized rubber rings, glass tops and screw tops, screw down tightly to be sure it fits, then loosen back one turn. Place in oven at 275 degrees F. for 2 hours, keeping jars about 2 inches apart. Complete the seal on removing from oven. Store in a dark, dry, cool place.

### Oven Canned Raspberries

Pick over berries. Wash and drop in hot sterilized jars. Fill to within  $\frac{1}{2}$ -inch of the top with medium syrup ( $1\frac{1}{2}$  cups sugar to 1 cup water, boiled 5 minutes). Place on sterilized new rubber rings, then sterilized glass and screw tops. Screw down tightly, then loosen back one turn. Set on rack in oven, about  $1\frac{1}{2}$  inches apart. Process at 275 degrees F. for 25 minutes for pint jars, and 45 minutes for quart jars. Do not use top element at all, even for pre-heating in an electric oven. When time is up, open door and allow jars to cool until easy to handle. Screw down tightly and invert jars for 24 hours. Store in a dark, dry, cool place.

### Canned Pineapple

(Without Cooking)

6 cups diced pineapple.  
 $3\frac{1}{2}$  cups finest granulated sugar.

Combine ingredients, mixing them well together in a large crock. Cover, stirring frequently, and leave to stand overnight. Next day, bottle in well-sterilized jars. Seal tightly. Store in dry, well-aired, cool place.

This method is ideal for pineapple to be used for fruit cups and cocktails and has been known to keep for over 2 years.

### Canned Tomato Juice

11 quarts tomatoes.  
 $\frac{1}{4}$  cup salt.

Wipe off tomatoes. Cut in pieces. Add salt. Stir well together. Allow to stand 1 hour. Drain off excess water. Heat to boiling. Cook for 20 minutes. Press through a sieve. Reheat to boiling. Pour into sterilized jars, adding 1 teaspoon salt and 1 teaspoon sugar for each quart jar.

This recipe is one you can season as you use it. For breakfast, the addition of some lemon juice adds considerable zest.

### Canned Tomato Juice Cocktail

11 quarts tomatoes.  
 $\frac{1}{4}$  cup salt.  
 3 large onions, sliced.  
 1 sweet green pepper, chopped.  
 1 hot red pepper, chopped.  
 1 small bunch celery, chopped.

Wipe tomatoes. Cut in pieces. Add salt. Stir well. Leave to stand 1 hour. Drain off excess water. Add other ingredients and bring to boil. Boil for 20 minutes. Press through a sieve. Return to stove. Add 2 tablespoons sugar and 2 tablespoons salt. Boil 2 minutes.

### Syrup For Canning Pineapple

2 cups sugar.  
 2 cups water.

Combine ingredients and bring to the boil. Boil 5 minutes, removing any scum that forms. This amount yields enough for about 3 to 4 pint jars.

### Preserved Pineapple

(Open Kettle)

6 lb. pineapple, diced (12 cups approx.).  
 8 cups water.  
 3 lb. fine granulated sugar.

Pour water over the pineapple and bring to the boil. Boil 5 minutes. Now add the sugar, stirring constantly. Bring to the boil once more and cook about 10 minutes longer. Fill sterilized jars well to the top and put on sterilized new rubbers then glass and screw tops. Screw down tightly. Let stand until cold and screw down tightly again being sure the jars are air tight. Wipe jars free of all stickiness before storing.

Note — Any left-over syrup may be stored in refrigerator to use in cold drinks.

### Cherry Preserves

Wash cherries, remove stems and pits (pits may be left in). Prepare syrup, 2 cups sugar to 1 cup water, and boil 5 minutes. Add cherries and cook for 20 minutes. Pour into sterilized bottles and seal at once. For a 6-quart basket use about 10 cups sugar to 5 cups water. If sweet cherries are used, make the syrup  $1\frac{1}{2}$  cups sugar to 1 cup water.

### Oven Canned Pineapple

Test jars for leakage. Place in kettle and sterilize thoroughly. Prepare fruit, either in dice or thin half slices as desired, being sure to omit any soft or over-ripe fruit. Place fruit in hot sterilized jars. Fill with boiling syrup to within  $\frac{1}{2}$ -inch of the top. Place on new sterilized rubbers, then the glass tops and screw tops. Screw down tightly to make sure it fits, then loosen the top back one turn to allow for expansion. Place on rack in oven about  $1\frac{1}{2}$  inches apart. Process at 275 degrees F. for 35 minutes for pint jars and 60 minutes for quart jars. If possible allow jars to cool in oven until easy to handle, then screw tops down tightly and leave jars inverted for 24 hours. Store in a dry, well-aired, cool place.

Note — Do not under any circumstances reopen the jars to fill with syrup.

### Oven Canned Tomatoes

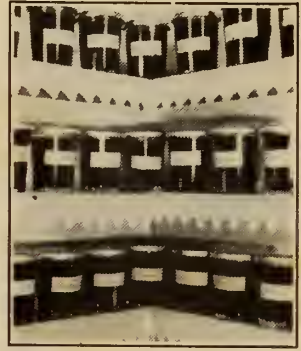
Select firm tomatoes of medium or small size. Wash. Using wire basket or cheesecloth bag, immerse in boiling water one to three minutes or until skins will slip off easily. Plunge at once into cold water. Pack carefully in hot sterilized jars. Add 1 teaspoon salt and 1 teaspoon sugar for each quart jar. Fill jars with boiling water or boiling strained tomato juice to within  $\frac{1}{2}$  inch of top. Run sterilized spatula or knife down side of jar several times to allow air bubbles to escape. Place new sterilized rubber in position and screw top on tightly, then loosen back one turn. Put on rack in oven having jars about  $1\frac{1}{2}$  inches apart. Process at 275 degrees F. for 35 minutes for pint jars and 45 minutes for quart jars. When cool remove from oven and complete seal. Invert jars.



# Jams

## Jellies

## Conserves



### Raspberry Jelly

4 cups raspberry juice.  
7½ cups granulated sugar.  
1 bottle (1 cup) liquid pectin.

To prepare juice, crush thoroughly 3 quarts well-ripened berries. Press through sieve and then strain through jelly bag. Measure sugar and juice into large saucepan. Mix well. Bring to a full boil over quick heat, and add pectin at once, stirring constantly. Now bring to a full rolling bubbling boil, and boil hard for ½ minute. Remove from heat and skim. Pour into sterilized jars. When cool, seal with hot paraffin. Makes about 10 glasses.

### Red Currant Jelly

(Without Pectin Added)

6 quart basket red currants.  
1 cup water.  
Sugar.

Wash and pick over currants. Crush into kettle, add water, cover and bring to boil. Boil 10 minutes. Strain through coarse sieve and then through jelly bag. Measure juice. For each cup of juice add an equal amount of sugar. Bring to boil and boil for about 10 minutes. Test on saucer to make sure it is jelled. Pour into hot sterilized glasses, cool and cover with hot paraffin. Makes 10 to 12 glasses.

*Note*—If the currants are very ripe or soft do not use full amount of water.

Sometimes jelly is a little stubborn about setting completely. If, after it has been made 24 hours it is not well set, place it on a tray in an oven at 250 degrees F. and leave for 30 to 40 minutes. The jars, of course, are uncovered and there is no paraffin on them. This will help it to set without having to empty all the bottles and boil it up again.

*Note*—Use ¾ cup sugar when currants are very ripe.

### Raspberry Jam

(Over Night Method)

4 cups crushed raspberries.  
6 cups granulated sugar.  
½ cup lemon juice.

Wash and crush fruit. Add sugar, and leave to stand over night. Next day bring to boil, and boil 20 minutes. Add lemon juice and boil 3 minutes longer. Bottle in sterilized jars. When cold, seal with hot paraffin.

### Red Currant Jelly

(With Pectin Added)

5 cups red currant juice.  
7 cups fine granulated sugar.  
½ bottle liquid pectin (½ cup).

To prepare juice, crush about 4 lb. of fully ripened fruit. Add 1 cup water. Bring to boil, cover and simmer 10 minutes. Place in jelly bag and squeeze out juice.

Measure sugar and juice into large kettle and mix well. Bring to a boil over strong heat, stirring constantly. As soon as it comes to the boil, add the liquid pectin, still stirring well. Bring to full rolling vigorous boil and boil hard for ½ minute. Remove from fire, skim and bottle quickly in sterilized jars. Cool and cover with hot melted paraffin. Makes about 10 or 11 jars of jelly (about 6 ounces each).

### Rhubarb and Pineapple Jam

3 lb. pineapple (6 cups approx.).  
2 lb. rhubarb (7-8 cups approx.).  
¾ lb. fine granulated sugar.

Prepare pineapple by finely dicing, shredding or chopping. Add diced rhubarb and sugar. Stir all well together and leave to stand for 2 hours, stirring frequently. Bring to boil and boil slowly, still stirring frequently, until desired consistency. This will take about 40-60 minutes.

# "Three Meals a Day"



Photograph by Ashley & Crippen

JESSIE READ

**J**ESSIE READ'S friendly and instructive articles on culinary problems are a few of the many reasons why The Telegram is referred to as "Toronto's Most Interesting Newspaper."

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## THE EVENING TELEGRAM

*"Toronto's Most Interesting Newspaper"*

### Cherry Conserve

- 4 cups prepared cherries.
- $\frac{1}{4}$  cup lemon juice.
- $\frac{1}{4}$  teaspoon almond extract.
- $\frac{1}{2}$  teaspoons grated lemon rind.
- 7 cups fine granulated sugar.
- 1 cup seedless raisins.
- 1 cup finely chopped nuts.
- 1 cup (1 bottle) liquid pectin.

To prepare fruit take  $2\frac{1}{2}$  lb. cherries, remove pits, then crush well or chop. Add  $\frac{1}{2}$  cup water. Cover and bring to boil. Boil 15 minutes.

Now measure all ingredients except pectin into large kettle. Place on stove and bring to boil, stirring constantly. Boil at full rolling, bubbling boil for 5 minutes. Remove from heat and add pectin. Skim and stir for 5 minutes to prevent fruit from floating. Pour into hot sterilized glasses, and when cool seal with hot paraffin. Make about nine 8-ounce glasses.

### Raspberry and Currant Jam

- 6 cups red raspberries, crushed.
- 3 cups red currants, crushed.
- 8 cups fine granulated sugar.

Measure and combine ingredients. Stir until well mixed. Allow to stand 2 hours, stirring frequently. Bring to boil, and boil 30 to 40 minutes, or to desired consistency.

### Harlequin Conserve

- $1\frac{1}{2}$  cups chopped peaches.
- 1 cup diced pineapple (canned).
- $\frac{3}{4}$  cup white grapes halved and seeded.
- $\frac{3}{4}$  cup diced red plums.
- $\frac{1}{4}$  cup thinly sliced oranges.
- $\frac{1}{2}$  cup shredded almonds.
- 7 cups granulated sugar.
- $\frac{1}{2}$  cup liquid pectin.

Prepare fruits by peeling, chopping, removing pits and seeds. Measure accurately into a kettle. Cover and cook for 2 minutes. Add sugar. Bring to a full rolling boil. Uncover. Add the nuts. Stir constantly all the time. Boil hard for  $1\frac{1}{2}$  minutes. Add the pectin. Skim and stir alternately for 5 minutes to prevent floating fruit. Pour into sterilized jars and seal with hot paraffin when cold. Makes about eight 8-ounce glasses.

### Strawberry Conserve

- $3\frac{1}{2}$  cups strawberries.
- $\frac{1}{2}$  cup seedless raisins.
- 2 teaspoons grated orange rind.
- 2 tablespoons lemon juice.
- $5\frac{1}{2}$  cups fine granulated sugar.
- $\frac{1}{2}$  cup liquid pectin.

Wash and hull berries and cut into pieces. Combine all ingredients except pectin. Bring to a full rolling boil over hot fire, stirring constantly. Boil hard for 1 minute. Remove from fire and stir in pectin. Stir and skim alternately for 5 minutes to prevent floating fruit. Pour at once into hot sterilized jars and seal with hot paraffin when cool. Make: about 6 half-pint jars.

### Pineapple and Mint Cherry Conserve

- $3\frac{1}{2}$  cups finely chopped pineapple.
- $\frac{1}{2}$  cup chopped green mint cherries and syrup.
- 7 cups finely granulated sugar.
- $\frac{1}{2}$  cup shredded blanched almonds.
- 1 cup liquid pectin (1 bottle).

Using fully ripened pineapple put it through a food chopper. Measure and combine with the cherries and sugar in a large preserving kettle. Bring to a full boil, stirring constantly, and add the nuts. Boil hard 1 minute. Remove from heat and add the liquid pectin, stirring it in. Skim and stir alternately for 3 minutes thus preventing the fruit from floating. Pour into sterilized jars. Cool and seal with hot paraffin. Will make about ten 11-ounce glasses.

### Maraschino Pear Medley

- $3\frac{1}{2}$  cups minced ripe pears.
- $\frac{1}{2}$  cup chopped maraschino cherries and juice.
- 2 tablespoons chopped candied ginger.
- 2 tablespoons lemon juice.
- $6\frac{3}{4}$  cups finest granulated sugar.
- 1 cup liquid pectin (1 bottle).

Measure ingredients accurately. Combine the fruits and sugar. Stir together until sugar is well mixed and begins to dissolve. Place on fire and bring to a full rolling boil. Stir constantly while coming to the boil. Boil hard for 1 minute. Remove from heat and stir in pectin. Allow to stand for 5 minutes, stirring and skimming alternately to prevent fruit from floating. Pour quickly into sterilized jars. Cool and cover with hot paraffin. Makes about eight 8-ounce glasses.



### Blueberry Jelly

- 4 cups blueberry juice.
- 7½ cups granulated sugar.
- 1 bottle liquid pectin.
- 1 tablespoon lemon juice.

To prepare juice take about 3 quarts blueberries and crush well. Place in kettle, cover, and place on medium heat for 5 minutes, stirring often. Strain through sieve, then through jelly bag. Measure juice and sugar into large saucepan and mix well. Bring to boil over quick heat. At once add liquid pectin, stirring constantly. Bring to full, rolling boil and boil hard for ½ minute. Remove from heat, add lemon juice, skim and pour into sterilized jars. When cool cover with hot paraffin. Makes about eleven 6-ounce jars.

### Strawberry and Pineapple Jam

- 2 cups crushed strawberries.
- 2 cups finely diced pineapple.
- 7 cups fine granulated sugar.
- ½ cup liquid pectin.

Wash, hull and prepare berries. Pare and chop the pineapple quite finely. Measure into preserving kettle with the sugar. Mix well and bring to a full rolling boil over a very hot fire. Stir constantly. Boil hard for five minutes. Remove from heat and stir in the pectin. Stir and skim alternately for 5 minutes to prevent floating fruit. Pour into hot sterilized jars. Allow to cool and cover with hot paraffin. Will make 6-7 half-pint jars.

### Cherry Jelly

- 3 cups cherry juice.
- 6½ cups sugar.
- 1 bottle liquid pectin.
- ¼ teaspoon almond flavoring.

To prepare the juice, stem and crush about 3 lb. well-ripened cherries; do not remove the pits. Add ½ cup water, cover and bring to boil. Boil 10 minutes. Pour into jelly bag and squeeze out juice.

Measure sugar and juice into a large saucepan and mix together. Bring to boil over hottest fire. Add liquid pectin at once, stirring constantly. Then bring to a full rolling, bubbling boil. Boil hard ½ minute. Remove from heat, add flavoring, skim and pour at once into sterilized jars. When cold, seal with hot paraffin.

### Rhubarb Conserve

- 3 quarts diced rhubarb.
- 1 lb. seedless raisins.
- 2 oranges.
- ¼ lb. blanched almonds, shredded.
- 1 cup water.
- Sugar.

Prepare rhubarb, cut the oranges in quarters, then into thin slices. Combine rhubarb, raisins and oranges in kettle, add water, cover and bring slowly to the boil. Continue to cook slowly until the ingredients are tender and pulpy. Measure and add ¾ cup sugar for each cup of fruit. Cook until thick, about half hour. Add the shredded almonds and simmer gently for 15 minutes longer. Pour into hot sterilized jars and when cold seal with hot paraffin.

### Strawberry Jam

(Overnight Method)

- 4 cups sliced strawberries.
- 6 cups sugar.
- ½ cup lemon juice.

Combine sugar and berries and allow to stand in preserving kettle or bowl. Next morning bring to a boil and boil for five minutes at a full boil. Add lemon juice and boil three minutes longer. Stir and skim for five minutes to prevent floating fruit. Pour into hot sterilized jars, allow to cool and cover with hot paraffin.

### Oriental Pineapple Conserve

- 1½ cups crushed pineapple.
- ½ cup mashed bananas.
- ¼ cup dates.
- ½ cup preserved ginger.
- 2 tablespoons ginger syrup.
- 3 cups sugar.
- 2 tablespoons lemon juice.
- ½ cup liquid pectin.

Measure the pineapple with its juice just as it comes from the can. Add bananas, chopped dates and ginger. Add ginger syrup, then sugar. Mix well. Bring to a full rolling boil. Boil hard for 2 minutes, stirring constantly. Remove from the stove and stir in lemon juice and pectin. Let stand, stirring and skimming alternately. Pour into hot sterilized glasses. Cool and cover with hot melted paraffin. Makes 2½ pints.

# Pickles

## Pickled Peaches or Pears

- 3 dozen small peaches or
- 3 dozen small sickle pears.
- 2 lb. brown sugar.
- 1½ pints cider vinegar.
- 2 sticks cinnamon.
- 1 pint water.
- ½ teaspoon salt.
- Whole cloves.

Peel the fruit. Do not remove pits or cores. Leave whole as possible. Combine sugar, vinegar, cinnamon, water and salt. Bring to boil. Add as many peaches or pears as the kettle will hold. Cook gently until tender then lift into sterilized jars. Cover with syrup and seal tightly. Add more fruit to syrup in pot and so continue until all are cooked.

*Note*—Plums may also be pickled by this method but be sure to prick the skins before adding.

## Bread and Butter Pickle

- 6 qts. small cucumbers sliced.
- 1 qt. small onions, sliced.
- 4 large sweet green peppers, diced.
- 1 large sweet red pepper, diced.

Do not peel cucumbers.

Put vegetables in brine of:

- 9 cups water.
- 1 cup salt.

For 3 hours, then take:

- 3 qts. white pickling vinegar.
- 3 lb. granulated sugar.
- 1 tablespoon tumeric.
- 1 teaspoon mustard seed.
- 1 teaspoon celery seed.

Boil these together, drain pickle, and drop into hot syrup. Do not boil. Bottle at once and seal.

## Dill Pickles

Put 1 tablespoon dill in bottom of quart jar. Wash small cucumbers and pack into jar. Add to each jar:

- 1 tablespoon salt.
- 3 tablespoons granulated sugar.
- Hot vinegar to fill the jar.

Now place 1 teaspoon whole mixed spice on top. Seal closely. Leave to stand several weeks before using.

Dill seed, by the way, may be purchased at some grocery stores and most drug stores.

## Corn Relish

- 12 ears of yellow corn.
- 1 small cabbage.
- 2 large sweet red peppers.
- 1 head celery.
- 1 large onion.
- 1 large cucumber.
- 3 pints cider vinegar.
- 3 cups brown sugar.
- ½ cup salt.
- 2 tablespoons celery seed.
- 2 tablespoons mustard seed.
- ¼ lb. dry mustard.
- 3 tablespoons flour.
- 1 cup water.

Cut corn from the cob. Remove seeds from peppers and put through the mincer using a coarse knife. Mince also the cabbage, celery, onion and the cucumber which has been peeled. Add all the other ingredients except corn, mustard, flour and water. Boil the vegetables, spices and seasoning with the vinegar for 20 minutes. Add the corn, also the mustard, flour and water mixed together. Bring to boil. Boil 5 minutes. Bottle and seal while hot.

## Nine-Day Pickles

- 4 quarts cucumbers or gherkins.
- 3 pints cider vinegar.
- 4 lb. granulated sugar.
- 1 ounce celery seed.
- 1 ounce stick cinnamon.
- 1 ounce whole allspice.

Wash cucumbers in warm water. Cut if too large. Cover with strong brine (2/3 cup salt to 1 quart water). Leave to stand 3 days. Pour off water. Add fresh cold water. Change daily for 3 days. Drain and simmer 1-1½ hours in a very weak vinegar (¼ cup vinegar to ¾ cup water), to which has been added 1 teaspoon powdered alum. Drain, put cucumbers into large crock. Prepare a syrup of vinegar and sugar (use ¾ cup vinegar to ¼ cup water for dilution) and spices. Boil for 5 minutes, then pour over the gherkins. Drain this syrup from the gherkins each day for 3 consecutive days. Heat to boiling, and bottle while hot on the third day. These pickles may be kept in crocks if they are in a cool place and covered.

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### Chopped Sweet Pickle

- 4 cups minced cucumbers.
- 6 cups minced green tomato.
- 2 cups minced sweet red peppers.
- 1 cup minced onion.
- 4 cups celery, finely diced.
- 1 cup salt.
- 2 cups granulated sugar.
- 3 cups white pickling vinegar.
- 1½ teaspoons celery seed.
- 1½ teaspoons mustard seed.

Do not peel either cucumbers or tomatoes. Put through a medium mincer with the red pepper and peeled onion. Chop celery finely and add with salt to the other ingredients. Leave to stand over night. Drain and rinse well with cold water. Place in preserving kettle with the other ingredients. Bring to boil and simmer for 15 minutes. Yields 3 to 4 pints.

### Jubilee Sauce

- 24 ripe tomatoes.
- ½ cup salt.
- 2 large onions.
- 3 sweet green peppers.
- 1 cup granulated sugar.
- 1 cup malt vinegar.
- 2 tablespoons ground ginger.
- 2 tablespoons allspice.
- 2 tablespoons cinnamon.
- 2 teaspoons curry powder.

Wash tomatoes and cut in slices. Place in preserving kettle with the salt. Mix and allow to stand for ¾ hour. Drain off the water that will accumulate. Add all the other ingredients except the curry powder. Bring to the boil, reduce heat to medium and allow the mixture to simmer *uncovered*. Cook for 2 to 3 hours or until thick. Add the curry powder. Boil 5 minutes longer. Bottle and seal while hot.

### Pepper Relish

- 12 green peppers.
- 12 red peppers.
- 3 onions.
- 3 tablespoons salt.
- 2 cups sugar.
- 1 quart vinegar.

Wipe peppers, remove seeds. Skin onions, add to peppers. Put all through food chopper. Cover with boiling water. Let stand 10 minutes. Drain. Cover again and bring to a boil. Let stand 10 minutes. Drain again as dry as possible. Return to kettle, add sugar and vinegar. Simmer 15 minutes. Bottle and seal.

### Red Pepper Jelly

- 2 cups minced sweet red peppers.
- 5½ cups granulated sugar.
- 1 cup diluted vinegar.
- ⅓ cup lemon juice.
- 1 cup liquid pectin.

Wash peppers, remove tongues, seeds and stems. Mince. Measure pulp and juice. Place peppers, sugar and vinegar in kettle, heat rapidly to boiling, stirring constantly. Remove from heat, strain, reheat to boiling, add lemon juice. Bring to full boil. Boil 2 minutes. Remove from heat, add pectin. Skim. Stir occasionally for 5 minutes. Pour into sterilized jars. When cool, seal with hot paraffin. Yield 1½ pints.

### Mustard Vegetable Relish

- 4 cups finely chopped celery.
- 4 cups finely chopped cabbage.
- 2 cups finely chopped onions.
- ½ cup mustard.
- 1½ cups sugar.
- 2 tablespoons flour.
- ½ tablespoon tumeric.
- 3 cups diluted vinegar.

Cover celery, cabbage and onions with brine (½ cup salt to 1 quart water). Allow to stand overnight. Drain well. Combine dry ingredients with vinegar. Bring to boiling point. Add chopped vegetables and boil for 20 minutes. Put into sterilized jars. Cool and cover with hot paraffin.

### Tomato and Apple Catsup

- 11-quart basket red tomatoes.
- ½ cup salt.
- 4 large apples.
- 5 large onions.
- 1 large bunch celery.
- 2 small hot peppers.
- ½ cup whole allspice.
- 4 cups granulated sugar.
- 2 cups white pickling vinegar.

Wash and cut tomatoes, add salt and allow to stand 2 hours. Drain off excess water. Add chopped apples, onions, celery and peppers. Use tops of celery as well and do not peel the apples. Add spices tied in bag, sugar and vinegar. Bring to boil, reduce heat to half and cook gently for 1 hour. Remove from heat and strain—pressing well through a sieve. Return to kettle and cook gently *uncovered* for 2½ to 3 hours or until thick. Bottle and seal. Leave the spice bag in kettle until desired spiciness is acquired.



### Mushroom Ketchup

Take about a peck of mushrooms, cleaned, stems included, a little bruised ginger root, a little of any sort of spice handy, 4 small onions, a little pepper and some salt.

Put the mushrooms in a crock or deep dish and sprinkle 6 tablespoons of salt over them. Leave for 3 or 4 days, stirring them up once or twice a day. Mushrooms will then be pulpy and the juice should now be strained through a cloth or fine sieve into a pan. Add chopped onions, ginger and spices which should be pounded up finely. Boil for half an hour. When cold, strain and bottle in small bottles, well corked and sealed.

This will keep for years.

### Plum Catsup

- 4 quarts red plums.
- 1 pint cider vinegar.
- 4 cups sugar.
- 1 tablespoon ground cinnamon.
- $\frac{1}{2}$  tablespoon ground cloves.
- 1 teaspoon pepper.
- $1\frac{1}{2}$  teaspoons salt.

Wash plums. Mash slightly to break up skins. Add sugar. Cover and cook for 5 minutes. Remove cover and cook until plums are very soft. Press through a sieve. Add remaining ingredients. Cook for  $1\frac{1}{2}$  to 2 hours until thick, stirring frequently. Use medium heat. Bottle and seal.

### Whole Mustard Pickles

- 1 quart silver onions.
- 3 quarts small gherkins.
- 1 cauliflower.
- $\frac{1}{2}$  teaspoon powdered alum.
- $2\frac{1}{2}$  cups granulated sugar.
- $\frac{1}{2}$  cup flour.
- 2 tablespoons tumeric.
- 2 tablespoons celery seed.
- $\frac{1}{2}$  cup mustard.
- 1 quart cider vinegar.

Prepare vegetables by peeling onions, cutting cauliflower and gherkins in desired sizes. Put in brine ( $\frac{1}{2}$  cup salt to 1 quart water) to soak overnight and to this add the alum. Next morning prepare a sauce from the other ingredients combined together and cooked until thick. Add vegetables and simmer for 15 minutes. Bottle and seal tightly. Makes 4 quarts.

### Pickled Beets

Wash beets, boil them in salted water until tender, about 45 minutes, plunge into cold water, remove skins, pack beets into sterilized jars and cover with the following ingredients which have been boiled for 5 minutes:

- 2 quarts vinegar.
- $1\frac{1}{2}$  cups water.
- 2 cups brown sugar.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{4}$  cup mixed whole spice (tied in bag).

Seal tightly. This quantity is enough for an 11-quart basket.

### Spiced Rhubarb

- $2\frac{1}{2}$  lb. rhubarb (about 10 cups).
- 2 lb. granulated sugar.
- 1 cup vinegar.
- $1\frac{1}{2}$  teaspoons cinnamon.
- $\frac{1}{2}$  teaspoon cloves.
- $\frac{3}{4}$  teaspoon salt.

Wipe rhubarb and cut in pieces, put in preserving kettle, add rest of ingredients and bring to a boil. Let simmer until thick. Pour into sterilized jelly glasses, cool, and seal with hot paraffin.

### Rhubarb Relish

- 2 lb. rhubarb (about 8 cups).
- 1 cup chopped raisins.
- $\frac{1}{2}$  lb. seedless raisins.
- $\frac{1}{2}$  lb. pitted dates.
- 3 cups vinegar.
- 2 lb. brown sugar.
- $1\frac{1}{2}$  tablespoons salt.
- 1 teaspoon ginger.
- 1 tablespoon chili peppers.

Chop rhubarb, combine dates and raisins and let stand in the vinegar for 1 hour. Now, add rhubarb and other ingredients. Cook slowly for  $1\frac{1}{2}$  hours until fairly thick. Turn into sterilized glasses and seal when cold with hot paraffin. The chili peppers may be tied in a bag if desired, also  $\frac{1}{2}$  cup chopped walnuts may be added for variety.

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### Apple Chutney

- 12 tart apples.
- 3 sweet green peppers.
- 1 onion (large).
- 1 pint cider vinegar (diluted).
- $\frac{1}{2}$  cup red currant jelly.

Chop apples, onions and peppers finely. Add the vinegar and jelly. Simmer uncovered for 1 hour, stirring frequently. Now add:

- $\frac{1}{2}$  cup lemon juice.
- $2\frac{1}{2}$  cups granulated sugar.
- 1 cup seeded raisins.
- $\frac{1}{4}$  teaspoon cayenne pepper.
- 1 tablespoon ground ginger.
- 1 tablespoon salt.

Stir all ingredients well together. Bring to boil and cook gently  $\frac{1}{2}$  hour longer or until thick. Pour into sterilized jars and seal with hot paraffin. Makes about 2 pint jars.

### Beet and Cabbage Relish

- 2 quarts chopped cooked beets.
- 1 quart chopped raw cabbage.
- 1 cup sugar.
- 1 teaspoon salt.
- 1 teaspoon black pepper.
- $\frac{1}{2}$  teaspoon cayenne pepper.
- $\frac{3}{4}$  cup grated horseradish.
- 2 cups diluted vinegar (cold).

Combine all ingredients. Pack into sterile jars and seal tightly. Makes about 7 to 8 pint jars.

If you desire a more spicy flavor, boil 2 tablespoons whole spices in vinegar. Strain and cool before adding to other ingredients.

### Indian Chutney

- 12 tart apples.
- 1 cup seeded raisins.
- 1 teaspoon ground cloves.
- 1 teaspoon cinnamon.
- 1 teaspoon ginger.
- 1 teaspoon curry powder.
- 1 teaspoon dry mustard.
- $6\frac{3}{4}$  cups granulated sugar.
- $\frac{1}{2}$  teaspoon salt.
- 1 quart cider vinegar.

Wipe and chop apples. Combine with other ingredients in preserving kettle. Cook uncovered gently until thick (about 30 minutes) stirring frequently. Pour into sterilized jars. When cool, seal with hot paraffin. Yields 2 pints.

### Red Tomato Butter

- 16 large red tomatoes.

Wash and peel. Cut into pieces. Place in kettle. Cover with vinegar and leave over night. Drain. Discard this vinegar (could be used for chili sauce). Add:

- 1 pint white pickling vinegar.
- 6 cups granulated sugar.
- 1 tablespoon salt.
- 1 tablespoon whole cloves.
- 1 tablespoon whole allspice.
- 1 tablespoon broken stick cinnamon.

Combine and boil uncovered for 2 to 3 hours or until thick. Tie spices in bag.

### Pepper Sandwich Filling

- 6 red sweet peppers.
- 6 red hot peppers.
- 6 chopped peaches (peeled).
- 3 lemons.
- 3 lb. white sugar (7 cups).
- 2 cups cider vinegar.

Mince peppers and cover with boiling water. Allow to stand 1 hour. Drain dry. Add peaches, sugar and rind of lemon tied in cheesecloth. Boil 15 minutes. Remove rinds, add lemon juice and vinegar and boil until mixture jellies. Use as a sandwich filling with cheese.

### Pepper and Celery Sauce

- 12 sweet green peppers.
- 3 onions, medium size.
- 2 bunches celery.
- 3 tablespoons salt.
- 2 cups granulated sugar.
- 1 quart diluted vinegar.

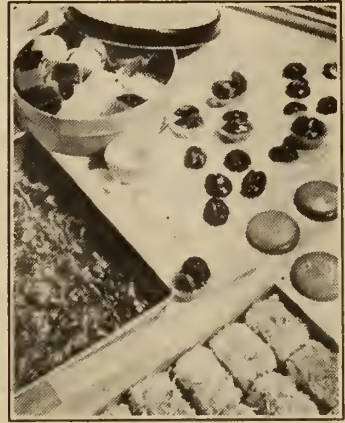
Prepare vegetables, removing seeds from peppers, and chop or mince finely. Cover with boiling water, let stand 10 minutes. Drain. Cover again and bring to a boil. Let stand 10 minutes. Drain as dry as possible. Return to kettle, add sugar and vinegar. Simmer 15 minutes. Bottle and seal. Yield 3 pints.

### Pineapple Chutney

- 4 cups diced pineapple.
- 1 cup chopped green pepper.
- 1 cup chopped apple.
- 2 cups raisins.
- $\frac{3}{4}$  cup diluted vinegar.
- 4 cups brown sugar.
- 2 teaspoons salt.
- $1\frac{1}{2}$  teaspoons ground cinnamon.
- $\frac{1}{2}$  teaspoon ground cloves.
- $\frac{1}{4}$  teaspoon ground allspice.

Combine all ingredients and bring to a boil. Boil until thick, about 40 minutes, stirring constantly. Bottle and seal. Yields about 4-5 pints.

# Confections



## Russian Taffy

- 2 cups brown sugar.
- $\frac{3}{4}$  cup corn syrup.
- 1 cup butter.
- 1 can condensed milk ( $1\frac{1}{3}$  cups).

Bring sugar, syrup and butter to the boil. Now add milk. Boil until it reaches the hard ball stage when dropped into cold water—265 degrees F. on thermometer (about  $\frac{1}{2}$  hour). Stir constantly as it burns readily. Place it on an asbestos mat if you have one. Turn into buttered plate and mark into squares. This is one of the best taffies I have ever tasted.

## Chocolate Marshmallow Fudge

- 2 cups fine granulated sugar.
- $\frac{3}{4}$  cup top milk or light cream.
- 2 tablespoons corn syrup.
- 2 squares unsweetened chocolate.
- $1\frac{1}{2}$  tablespoons butter.
- 1 teaspoon vanilla.
- 10 marshmallows, cut in quarters.

Combine sugar, cream, syrup and grated chocolate. Cook, stirring constantly until ingredients are melted. Boil, stirring occasionally to prevent burning, to 240 degrees F., or until a soft ball is formed when syrup is dropped in cold water. (It should be possible to lift the ball in the water). Remove from heat, add the butter. Cool to lukewarm, add the vanilla and beat until it begins to get thick, add the marshmallows and knead them in well with buttered hands. Pack into a buttered pan. Chill well, marking it in squares and placing a halved pecan on each square.

## Turkish Mint Delight

- 3 tablespoons gelatine.
- $\frac{1}{2}$  cup cold water.
- 2 cups granulated sugar.
- $\frac{1}{2}$  cup hot water.
- 2 tablespoons lemon juice.
- $\frac{1}{3}$  cup cold water.
- $\frac{1}{8}$  teaspoon salt.
- $\frac{1}{2}$  teaspoon peppermint.
- $\frac{1}{2}$  teaspoon green coloring.

Soak gelatine in cold water for about 15 minutes. Place sugar and hot water in saucepan and bring to the boil. Add soaked gelatine and let simmer gently for 20 minutes. Remove from heat, add lemon juice and the last amount of water. Now add flavoring and coloring. Pour into a moistened pan about 8 x 5 inches. Chill well. Cut into small cubes and roll in icing sugar. Store in a cold, dry place.

## Krispie Balls

- $\frac{1}{2}$  cup corn syrup.
- $\frac{1}{2}$  cup molasses.
- 1 teaspoon vinegar.
- 2 tablespoons butter.
- 4 cups rice krispies.

Cook corn syrup, molasses, vinegar and butter together. Stir only enough to prevent burning. Cook until a firm ball is formed in cold water or to 245 degrees F. Pour this syrup over the krispies. Mix together. Rub hands with butter and form the mixture into balls—or pack into buttered tins.



For smooth, glossy fudge, use

**EDWARDSBURG  
CROWN BRAND  
CORN SYRUP**



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"JUNKET" Rennet Tablets transform milk into Rennet Custards.

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Lobster Mexicane .....	17
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Broiled chicken .....	13
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Roast Duck .....	13
Roast Turkey .....	14
Roast Venison .....	13

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Asparagus Rolls .....	77
Assorted Open .....	77
Checkerboard .....	80
Cheese Spread, Tasty .....	77
Cheese and Ginger .....	79
Cheese and Olive .....	79
Cheese and Vegetable .....	79
Chicken and Almond .....	78
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Corned Beef .....	78
Date and Ginger .....	79
Egg, Onion and Bacon .....	78
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Hallowe'en .....	78
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Ham, Minced .....	78
Honey Nut Raisin .....	79
Individual Sandwich .....	77
Lamb and Cucumber .....	78
Pinwheel .....	80
Ribbon .....	80
Tomato and Bacon .....	78
Veal and Currant .....	78

**SALADS**

A Bowl of Greens .....	30
Astor .....	29
Bacon and Cabbage .....	31
Banana and Carrot .....	29
Black and Orange .....	31
Bolivia Potato .....	31
Cabbage and Banana .....	30
Cabbage and Carrot .....	30
California Fruit .....	29
Cinnamon Apple .....	29
Chicken and Pineapple .....	31
Chinese .....	31
Cucumber and Cabbage .....	30
Garden .....	30
Grapefruit and Cocoanut ..	29
Pear and Ginger .....	29
Potato and Cucumber .....	31
Potato, Peanut and Carrot ..	31
Stuffed Egg and Tomato ..	30
Sweetbread and Bacon .....	31
Three Fruits .....	29
Tomato Lily .....	30
Tuna Fish and Apple .....	31

"JUNKET" MIX for Ice Cream—Makes Ice Cream More Digestible.



**SALADS, JELLIED**

Apple Ginger Ale Salad ...	34
Chicken and Tomato Mould	34
Cucumber Jelly with Salmon Mayonnaise	33
Grapefruit and Pineapple Mould	33
Jellied Chicken	34
Jellied Ham and Green Pea Mould	34
Jellied Tuna Loaf	34
Lime and Carrot Mould	33
Red Crest Tomato Aspic	33
Salad Ambrosia	34
Tomato Jelly and Cheese Salad	33

**SALAD DRESSINGS**

Cooked Salad Dressing	35
French Dressing	35
Jellied Mayonnaise	35
Lombardy Dressing	35
Mayonnaise	35
Russian Dressing	35
Salmon Mayonnaise	35
Savory Mayonnaise	35
Thousand Island Dressing	35

**SAUCES, DESSERT**

Butterscotch Sauce	47
Cherry Hard Sauce	47
Chocolate Mint Sauce	47
Chocolate Sauce	47
Coffee Dessert Sauce	47
Golden Carrot Sauce	47
Grape Sauce	47
Hurry-up Lemon Sauce	47

**SAUCES FOR MEAT, FISH AND VEGETABLES**

Brown	26
Cranberry	27
Cream	26
Cucumber	27
Currant Mint	27
Hollandaise	27
Mint	26
Mint Butter	27
Mock Hollandaise	26
Steak	26
Tartare	27

**SOUPS**

Clam Chowder	6
Corn and Mushroom Chowder	5
Crabmeat Chowder	6
Cream of Potato	5
Cream of Tomato	6
Duchess Soup	6
Italian Vegetable Soup	6
Jellied Tomato Consommé	6
Mexican Corn Chowder	5
Onion Soup, Italian Style	5
Philadelphia Pepper Pot	5
Scotch Hotch Potch	5

**STUFFINGS**

Celery and Almond	27
Dressing for Fish, I and II	27
Potato	27

**SUPPER DISHES**

American Spaghetti	25
Asparagus and Olives au gratin	22
Boston Baked Beans	23
Cheese Soufflé	22
Cheese and Bread Custard	25
Chicken Soufflé	22
Chicken and Shrimps in Cream	22
Chipped Beef Mushrooms	25
Corn and Tomato on Toast	23
Corned Beef Hash	24
Corned Beef Tomato Toast	24
Creamed Dried Beef with Peas	23
Curried Vegetables Casserole	24
Macaroni, Cheese and Tomato	25
Meat and Rice Mould	24
Royal Scallop	24
Sautéed Mushrooms on Toast	23
Salmon and Potato Casserole	25
Sausage Spaghetti Casserole	24
Spaghetti in Tomato	25
Stuffed Eggs au gratin	23
Sweetbreads and Almonds	23
Tomato and Cheese Soufflé	22

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Broiled Tomato and Bacon Squares	81
Cinnamon Slices	81
Croustades	81
Croutons	81
Honey Nut	81
Melba	81
Raisin Cheese Squares	81
Toasted Cheese and Jelly Roll	81
Toast Sticks	81

**VEGETABLES**

Asparagus, Baked with Cheese	20
Beans, au gratin	20
Beans, My Own Style	20
Beets or Carrots, Sautéed	19
Cabbage, Unusual	18
Carrots, Concordia	21
Carrots, Honeyed	21
Carrots, Orange Butter	21
Carrots, Parsleyed	20
Carrot and Apple Casserole	21
Cauliflower, Creamed	18
Cauliflower, Duchesse	18
Cauliflower, Hollandaise	18
Celery and Turnip, Creamed	18
Lima Beans and Vegetable	20
Onions Escalloped, Tomato	20
Parsnips, Glazed	20
Parsnips, French Fried	20
Potatoes, Browned Fold	19
Potatoes, Cheese Balls	19
Potatoes, Custard	19
Potatoes, French Baked	19
Potatoes, O'Brien	19
Potatoes, Oven Fried	19
Potatoes, Whole Browned	19
Rice, Curried	20
Rice, Tomato	20
Sweet Potatoes, Maple	21
Sweet Potatoes, Candied, Pecans	21
Sweet Potatoes, Puff	21
Sweet Potato Scallop	21
Squash, Glazed Pepper	18
Tomatoes, Green Onions	18
Tomatoes with Stuffing	18

# “Three Meals a Day”

*by Jessie Read*

appears every day in

# THE EVENING TELEGRAM





